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Likely ECI Visit To J&K Raises **Hopes Of Assembly Elections**

HT News Network

SRINAGAR, APR 6: The proposed visit of the Election Commission of India to Jammu and Kashmir likely this month has raised hopes of political parties that assembly polls in the Union territory could be held this year.

The last assembly elections were held in Jammu and Kashmir in 2014, five years before the erstwhile state was reorganised into two Union territories on August 5, 2019.

The Centre then set up a delimitation commission for J&K, which submitted its report in October last year. Recently, Chief Election Commissioner Rajiv Kumar said that the poll panel was aware that there's a "vacuum" in the Union territory which needs to be filled. He said the polls will be held keeping in mind

various factors, including weather and security concerns.

While the ECI is yet to announce the visit, local media reports have suggested it could happen this month. BJP leader Darakhshan Andrabi said

> for the polls whenever the Election Commission decides to hold them. "We believe in democracy and democracy means elections. Our party and our cadres are ready for elections anytime," Andra-

her party and its cadres were ready

She said the situation was good for holding the polls, but the final call will be taken by the EC.

"The government would want that the elections are held at the earliest. We want to take Kashmir forward, rest we will leave the decision to the Election Commission," Andrabi added. Turn.....Likely ECI Visit.....Pg 02

BJP is fully prepared for elections in J&K: **Ashok Koul**

HT News Network

SRINAGAR, APR 6: Bharatiya Janata Party (BJP) state General Secretary Ahok Koul on Thursday said the party is fully prepared to contest polls in Jammu and Kashmir. Koul was speaking to media persons on the sidelines of the BJP's 44th foundation day func-

tion in central Kashmir's Budgam district. "Whenever the Election Commission of India will announce the date BJP is fully prepared and will contest the polls in Jammu and Kashmir," he said.

Regarding the recent purported threats to workers of the Rashtriya Swayamsevak Turn.....BJP is fully prepared.....Pg 02

Militancy is not yet over but on the verge ending: DGP

HT News Network

SRINAGAR, APR 6: Jammu and Kashmir Director General of Police Dilbag Singh on Thursday said that militancy is not yet over



but on the verge of its end.

Talking to media persons in north Kashmir's Bandipora district on Thursday, the DGP said that the number of militants either local or the foreigners who have infiltrated from Pakistan to keep the pot boiling

BJP Was Born From Idea Of Democracy: PM

HT News Network

NEW DELHI, APR 6: Prime Minister Narendra Modi on Thursday said that 'Ek Bharat, Shreshtha Bharat' has been the Mantra and goal of the Bharatiya Janata Party(BJP) and it is committed to the welfare of the people.

Addressing the Party workers on BJP's 44th foundation day, coinciding with the festival of Hanuman Jayanti Prime Minister said, "BJP was born from the idea of democracy and "gets inspiration from lord Hanuman to fight cor-

PM Modi went on to say, "BJP is working day and night for India, and our party is dedicated to Maa Bharti."



"We are committed to rid India of corruption, nepotism, and law and order challenges. The BJP has resolved to a 'can do' attitude like Lord Hanuman, it is determined to fight corruption."

The Prime Minister said, "All we had was

NEWS BRIEF

Cache of ammunition recovered from **Handwara forest**

HT News Network

KUPWARA, APR6: Joint forces have recovered a huge cache of ammunition in Haphruda forest area of North Kashmir's Kupwara district.

The Indian army said that in a joint operation with Handwara Police, they recovered a huge cache of ammunition from Haphruda Forest in North

Turn.....**Cache of ammunition**.....Pg 02

Kashmiri youth goes missing from Punjab

■ HT News Network

SRINAGAR, APR 6: A youth from North Kashmir's Kupwara district has gone missing from Ludhiana city of the northern Indian state of Punjab.

Firdous Ahmed Peer, a resident of the Muqam Dardpora Kralpora area of Kupwara went missing on 17 February this year and since then his Turn.....**Kashmiri youth**.....Pg 02

No need to worry about new Covid-19 variant: DAK

■ HT News Network

SRINAGAR, APR 6: Doctors Association Kashmir (DAK) on Thursday said there is no need to worry about new Covid-19 variant.

"There is no evidence to suggest that the new sub-variant causes more severe disease," said DAK President and influenza expert Dr Nisar ul Hassan.

Turn.....**No need to worry**.....Pg 02

LeT Terrorist Associate Arrested In Bandipora

■ HT News Network

BANDIPORA, APR 6: Security forces have arrested a terrorist associate of the Lashkar-e-Taiba (LeT) in Bandipora district of Jammu and Kashmir, police said on Thursday.

On specific information regarding the movement of terrorists in Aloosa Turn.....Pg 02

CS Directs For Making PSUs More Vibrant And Profitable

HT News Network

SRINAGAR, APR 6: Chief Secretary, Dr Arun Kumar Mehta today chaired a meeting at Civil Secretariat here to review the functioning of various Corporations and Public Sector Undertakings.

While chairing the meeting, Chief Secretary directed the concerned Managing Directors for making their respective public sector units more vibrant and financially viable. He said that every corporation should be a profit making corporation and all out efforts should be

taken in this regard. He directed them to come up with a clear and implantable plan within a month for government's consideration which should specify how they are going to be profit oriented. It was also noted that Cable Car Corporation, J&K Forest Development Corporation, J&K Minerals Corporation, etc are currently profit making bodies.

He said that bottlenecks, if any, in the smooth functioning of these should be Turn.....CS Directs For.....Pg 02

RTO Kashmir realises revenue of more than Rs 300 Cr in 2022-23

HT News Network

SRINAGAR, APR 6: Regional Transport Office Kashmir has generated revenue of Rs 313.47 Crores in the financial year 2022-23, marking a growth of 20 percent over the previous financial year 2021-22.

This was informed in a meeting chaired by Additional Transport Commissioner, Reyaz Ahmad Sofi and was attended by RTO Kashmir and ARTOs of all 10 districts of Kashmir division.

Turn.....**RTO Kashmir realises**.....Pg 02

EID PRAYERS:

Divisional Administration To Take Final Call

HT News Network

SRINAGAR, APR 6: Jammu Kashmir Police Chief Dilbagh Singh Thursday said that the final decision regarding the holding of Eid prayers at Eidgah Srinagar will be taken by the Divisional Administration. Singh was talking to reporters in North

Kashmir's Bandipora district on the Turn.....Divisional Administration.....Pg 02

Restoration of peace and tranquility in border is must for normalcy in ties: India to China

■ HT News Network

NEW DELHI, APR 6: Taking a firm line, India said on Thursday that restoration of normalcy in the relationship with China will require restoration of peace and tranquility in the border areas, and the presence of a large number of troops there in contravention of agreements is an abnormality.

The response comes two days after New Delhi's strong rejection of Beijing's attempt at "renaming" 11 places in Arunachal Pradesh, which China calls southern Tibet.

Ministry of External Affairs spokesperson Arindam Bagchi, asked about comments by a Chinese diplomat who



had called the border situation "stable",

said in response: "We have made our position clear on this matter, even the External Affairs Minister has spoken.

"Restoration of normalcy in our relationship will require restoration of peace and tranquility in the border areas,

Turn.....**Restoration of peace**.....Pg 02

BOTTOM

Wild Tulips In Pampore Karewas **Become Popular**

Locals, tourists throng saffron town



SRINAGAR, APR 6: Wild tulips in Karewas of Saffron town of Pampore are attracting hundreds of tourists and locals.

The wild tulips in pink and white against a yellow background of mus-

tard flowers gives an attractive look for people visiting the Pampore Karewas. As per news agency—Kashmir News Observer (KNO), tourists visiting different areas of Kashmir halt their in Pampore Karewas along both sides of National Highway to

Turn.....Wild Tulips In.....Pg 02

Court rejects bail of 3 in SI recruitment scam

HT News Network

JAMMU, APR 6: The Jammu and Kashmir and Ladakh Court has rejected the bail applications of three accused in the J&K Service Selection Board Police sub-inspector recruit-

As per details available with the news agency—Kashmir News Observer (KNO), 2nd Additional Sessions Judge Jammu Balbir Lal Jaswal rejected bail applications of Ashsish Yadav, Sunrender Singh and Pawan Kumar who were in custody in much publicized SI recruitment Scam.

Turn.....**Court rejects bails**.....Pg 02

BOSE examination clashes with Jamia Millia entrance

■ HT News Network

SRINAGAR, APR 6: The students of class 12th have appealed to authorities of the J&K Board of School Education to reschedule the examination of their physical education paper, saying that it overlaps with the entrance test being conducted for undergraduate courses at Jamia Millia University.

A delegation of students told news agency—Kashmir News Observer (KNO) that they want the authorities to reschedule the examination of the physical education paper scheduled on 29th April as Turn.....BOSE examination.....Pg 02

Widespread rains lash Kashmir, mercury dips at most places

HT News Network

SRINAGAR, APR 6: Overnight rains lashed Kashmir valley even as minimum temperature stayed below normal at most places on Thursday, officials said.

The Meteorological department forecast partly to generally cloudy weather today with light rain coupled with thunder at few places towards late afternoon and evening. The weather will remain mainly dry from April 7 to 10.

Srinagar received 3.4mm of rainfall during the past 24 hours till 0830hours today, Qazigund 9.9mm, Pahalgam 4.4mm, Kupwara 9.1mm, Kokernag 9.8mm, Gulmarg 10.8mm, the MeT office said.

Srinagar and its adjoining areas experienced Turn.....Widespread rains.....Pg 02



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CONTINUE FROM FRONT PAGE.....

Likely ECI.....

Apni Party president Altaf Bukhari said the proposed visit of the Election Commission to the Union Territory was a welcome step and the time had come to hold the polls.

'This is a welcome step. The EC visit has been long pending because the people of Jammu and Kashmir are yearning for elections. The visit is being viewed positively in light of statements made by the LG, who said the Jammu and Kashmir administration is ready for holding elections anytime," Bukhari said.

"We hope they will take a decision once they are here, after meeting stakeholders, and announce the elections soon. We are ready and the elections are already delayed. People have been without an elected government for the last five years now," he added.

National Conference spokesman Imran Nabi Dar said that there's been no change in his party's stand since a delegation led by party president Farooq Abdullah called on the Election Commission.

"Our contention and our points remain the same that there is no visible effort being made by the concerned agencies about conducting assembly elections which is overdue now," Dar said.

He said Jammu and Kashmir is craving to have an elected government and there was no reason for them to further delay it.

"It's the Election Commission that has categorically said that there is a political vacuum in Jammu and Kashmir. So they need to address that vacuum and that vacuum will be addressed only when we will have assembly elections like all other states in the country," he added.

The spokesman said there is nothing that should prevent the Election Commission as it has already stated that all formalities for holding the elections are complete.

"In fact, the Union Home Ministry has also said that situation is getting better. The other aspect was the weather, which is also pleasant now," he said. (Agencies)

BJP is fully.....

Sangh (RSS) in J&K by "The Resistance Front (TRF)" which police believe is an offshoot of Lashker-e-Taiba, Koul said that such threats often come.

"It is their work and they will remain doing it. We are not afraid of anyone...let the TRF continue their threats," he said.

The BJP leader said that the BJP's foundation day was celebrated today in about 300 places all across the Kashmir valley.

Militancy is.....

here is at an all-time low in Jammu and Kashmir.

"The youth who were involved in militancy have shunned the path and realized its fall out destruction. They understood that the path of militancy is nothing but destructive", he added.

The police chief said there are so many avenues for the youth including games and so many youth are moving forward to flourish their future and their families.

"I feel happy that Police and security forces have controlled the militancy to a great extent and whatever has remained forces are working to eliminate that too in Jammu and Kashmir", the Police chief said.

Regarding drone dropping in Jammu division, DGP said that there are many counter arrangements on the ground level being utilized.

He said Pakistan is sending various kinds of drugs and arms and ammunition pushing them into this side through drones. "They also send Arms and ammunition including AK-47 rifles, grenades, pistols and IED's which our forces are intercepting successfully.

Hundreds of weapons have so far been seized and quintals of drugs were also recovered which were sent from across the border from Pakistan to this side through ground or by drones," he said, adding drone activities from across the border have come down compared to the past.

"Our efforts are on to stop the drone activities from across the border to stop dropping of arms, ammunition and narcotics to this side", the DGP asserted.

He said the police in Jammu and Kashmir have launched a special drive against the people involved in drug trafficking, narcotics and other contraband substances.

He said Police have achieved success to seize drugs near the border which were sent from across Pakistan and dumped nearby for supply in parts of Jammu and Kashmir. Some consignments were being pushed to Punjab and other states also, he added.

When asked about whether Eid-ul-Fitr prayers will be allowed at Eidgah Srinagar, DGP said that final decision will be taken by the Divisional Administration Kashmir.

He said Srinagar has been very peaceful since last year and there has been no law and order problem. "There has been no law and order issue in other parts of Kashmir too. Final decision about allowing Eid prayers at Eidgah will be taken by the divisional administration in the days ahead," he said.

BJP Was.....

'Maatr Bhumi Ki Bhakti' and 'Lok Tantra Ki Shakti'," (the 'Devotion for the Motherland' and 'Power of the Democracy').

"The BJP's political culture is to have big dreams and put all efforts to fulfill them. Unlike Congress, our political culture is to improve the lives of women" he said.

Congratulating the "Karyakartas" of the party, Modi said "we must not limit ourselves to winning the elections. We must ensure winning the hearts of the people!".

"We have to fight each and every election with the same levels of energies and hard work as we have been having since the 1980s...adding that today BJP is leading a new political culture in the country while other are hostages of familyism, dynasty, casteism and regionalism".

Modi said that while the Opposition only thinks about family, the BJP has given crores people benefits under PM Anna Yojan, Jan Dhan Yojana, and other schemes.

"We have made the mantra of 'Nation First' our motto. BJP working with the mantra of 'Sabka Sath, Sabka Vikas, Sabka Vishwas and Sabka Prayas' (everyone's support, everyone's development, everyone's faith and everyone's effort)," he said.

The Prime Minister said that in 2014 there was not only a change of government but in that year the people of India started a new journey of India's renaissance.

"After coming out of the slavery of more than 800 years, a nation has risen again to regain its lost glory" he added.

The Prime Minister said "Many political parties, in the name of Social Justice, have played with the country. They ensured the welfare of their families, not of the people. On the other hand, Social Justice has not been a political slogan, but an 'Article of Faith' for the Bharatiya Janata Party."

Recalling the birth of BJP, Modi said, "When the Jana Sangh was born, we did not have much political experience, nor did we have the means... nor the resources, but we had devotion towards the motherland and the power of democracy. 'Ek Bharat, Shreshtha Bharat' has been the Mantra and goal for the Bharatiya Janata Party" he said.

"Our dedication is to Mother India... Our dedication is to the crores of people of the country... Our dedication is to the Constitution of the country. Today BJP is synonymous with development and faith... it is synonymous with new ideas and is playing its role as a main servant in the country's victory journey" Prime Minister said.

Citing the abrogation of Article 370, Modi said that governments prior to the BJP could not take the step. "They (Opposition) cannot digest the work BJP is doing. Today, they have become so desperate that they have openly started saying 'Modi teri kabr khudegi' (Modi, your grave will be dug)," he added.

CS Directs.....

removed through policy and process enablers.

He further said that the corporations should hold quarterly meetings on regular basis and submit their accounts till 2021-22 by 15th of this month. He also said that all corporations should update the names of board members on their respective websites. He also observed that universities should hold two council meetings annually.

Earlier Chief Secretary took a brief from the MDs about their activities like Constitution of Board, status of audit, status of approval of audited accounts, status of linking of CPIS data of employees among other things. The Chief Secretary also directed that all PSUs and Autonomous Bodies should move on to BEAMS for releases from Government without fail.

RTO Kashmir.....

It was informed that the total revenue includes Rs 237.45 Cr of the token tax, Rs 14.87 Cr of licenses fee, Rs 9.41 Cr passenger tax, besides Rs 1.95 Cr. compounding fee from the motorists for violation of various traffic rules.

With a special focus on the passenger tax, a significant growth of 630 percent was registered in the year 2022-23 by the depart-

Additional Transport Commissioner congratulated the officers and officials of the department for crossing 300 Crore milestone and all the officials of the MVD Kashmir were asked to work with double enthusiasm for the year 2023-24 and continue this growth story.

It was revealed that during the financial year 2022-23, 64032 new vehicles were registered. Also, 2174 fresh Permits were issued and 24420 Permits renewed, 6078 fresh Fitness Certificates were issued and 30875 renewed, 35018 fresh Driving licenses were issued and 62388 renewed, besides 7912 cases of vehicle transfer cases were completed in the financial year.

It was given that 55 driving licenses, 92 Registration Certificates of vehicles, and 106 Commercial Permits were suspended or canceled over the year under review for various repeated offences under the Motor Vehicles Act.

"Collection of taxes and fees from motorists and fines for traffic offences has become smooth and easier and compliance has also improved after the introduction of online services and online payment systems. Besides, we have strengthened the patrol-

ling on roads despite meagre human resources" said Syed Shahnawaz Bukhari, Regional Transport officer, Kashmir.

He said that the transport department is on the path of progress with transparent and seamless policies and the department would further put it on a high growth tra-

Additional Transport Commissioner directed the transport officials for strict enforcement of Motor Vehicle Act and Rules on road safety by checking over-speeding, rash driving, monitoring the overloading and enhancing revenue collection by preventing evasion of road tax, permit and fitness renewals, etc.

RTO Kashmir emphasized that a smooth and reliable public transport system for convenience of the general public should be the priority and stated such a move could significantly reduce the number of cars on the roads and solve the traffic issues in Srinagar city and other towns of the valley.

Divisional.....

sidelines of a function.

DGP maintained that besides Srinagar, there is peace across Kashmir and nowhere there is any law and order problem. "In coming days, Divisional Administration will take a final call to decide about holding of Eid prayers at Eidgah Srinagar," he said.

The Director General of Police as per the news agency Kashmir News Trust talked about militancy, drones, and the drug menace in Jammu and Kashmir.

He said militancy is on the verge of ending though it has not been over yet. Youth have understood the consequences of militancy and realized that it only leads to destruction. There are many options available for the youth to build their careers.

Singh said Pakistan has been smuggling drugs and arms through drones. "We have seized various consignments of drugs and weapons. To counter these drones, we have a lot of options available and we are alert and always ready to foil any attempt to disturb the peace in Jammu and Kashmir," he said adding that drug peddlers and addicts are on police radar and action is being initiated against them.

Restoration of.....

which has been disturbed since April

"As EAM said, the presence of a large number of troops there in contravention of agreements, is an abnormality.

"We have been holding discussions on the diplomatic and military tracks, but till such time the situation in the border sees a return to peace and tranquility we cannot foresee normalcy in the overall relationship," he said.

Speaking in Kolkata a few days ago, Minister Counsellor Chen Jianjun of the Chinese Embassy in India termed the border situation between the two countries "stable" and that the earlier situation of "emergency control" at the border was a matter of the past. He also said that both countries have been in touch through different channels, bringing the border situation to "normalized management and control" at the

On March 2, during a meeting with Chinese Foreign Minister Qin Gang in New Delhi, EAM Jaishankar had conveyed that the state of the bilateral relations was "abnormal" and beset by "real problems that need to be looked at", especially the issue of peace and tranquility in the border

India's response today on the border also comes two days after it rejected outright China's attempt at "renaming" 11 places in Arunachal Pradesh, and stated that Arunachal Pradesh has been and will always remain an inalienable part of India.

Asked about the Chinese Foreign Ministry spokesperson stating that the move to rename 11 places in Arunachal Pradesh, is "within China's sovereign rights", the MEA spokesperson reiterated the Indian statement issued

"This is not the first time China is attempting it, and we have strongly rejected these attempts. We have stated that Arunachal Pradesh is an integral and inalienable part of India, and attempting to assign invented names will not change the situation on the ground or the reality," he said.

Chinese Foreign Ministry spokesperson Mao Ning on Tuesday, giving the reasoning behind China's move to "rename" 11 places in Arunachal Pradesh, said: "Zangnan is part of China's territory. In accordance with relevant stipulations of the administration of geographical names of the State Council, competent authorities of the Chinese government have standardized the names of some parts of Zangnan. This is within China's sovereign rights.'

"Zangnan" is Beijing's name for what it calls the southern part of Tibet, the area falling in Arunachal Pradesh, which it lays claim to.

Wild Tulips.....

spend some time and have photoshoots in wild tulips.

Dozens of youth who have been selling pure Kashmiri saffron to the tourists said that tourists in thousands are spending visiting

Pampore saffron fields where wild tulips are in full bloom.

They said that even some schools have been visiting the spot for excursion to enjoy some time in wild tulips.

Vijay a tourist from Kerala said that he has been visiting Kashmir on regular basis as it is truly a paradise on earth.

He said that saffron fields have something to offer in every season for tourists as in Autumn, saffron fields with full saffron bloom are attractive for tourists and in spring, tulips in full bloom are attracting tourists again.

An tourist from UP said that he has visited several tourist spots in last few days but Pampore Karewas with tulips are more beautiful nowadays. "I stopped my vehicle to have close

look on the tulips as everyone passing hereby gets towards the beautiful scene that Karewas are presenting currently,' he said. Kashmir is much safer places and tour-

ists across country must visit here to see the beauty of tulips in Pampore and other tourist spots in Kashmir, tourists They said that specialty of Kashmir is that beauty here is natural and people

here are hospitable, so everyone must visit here at least once. Official said that tulip growing in saffron fields of Pampore has been identified

as Tulipa Stellata that grows as an asso-

ciated weed with saffron. "This naturally occurring perennial herb belongs to the family Liliaceae with six identical flowers including three petals and as many sepals," they said.

Court rejects.....

Rejecting the bail application, Sessions Judge after hearing Advocate Vivek Gaur for the applicants whereas Vijay Kumar and DP Singh for the CBI observed that in the present case the paper of Sub Inspector J& K Police is leaked by the accused persons.

"The paper leak scam has damaged the future of the younger generation. Indeed the act of the accused cannot be equated with scams involving millions of Rupees. It is an organized crime and offence against the public at large," the court observed and gauged the seriousness of the matter, saying the cases are serious in nature if the factum is evaluated and accused succeeded in their design, undeserving candidates are allowed to secure the top positions.

"It said that it does not merely deprive the deserving candidates, it will also deprive the society of deserving and competent officers.

The acts of the accused are calculated and deliberate design with eye on personal profit regardless of its consequences to aspirants of examination and their

If the bail is considered in part by the accused persons it will prejudice the students who have honestly worked hard for round the clock," the court said.

In my considered view an ordinary crime generally affects the small number of people and usually as an impact upon the physical well being of the victims but an economic offence on the other hand also adversely affects the psyche of honest citizens so granting the bail to such offenders where the investigation is underway definitely outrage the sentiments of the public at large and also tend towards the frustration of the inves-

tigation. The court is not inclined to express the view upon the merits of the case which is owed to be verdict at the conclusion of the trial. At this stage the court has whatsoever expressed is for the sake of considering the question of bail merely. The applicant accused are involved in the serious offence though carries the punishment up to 07 years have no criteria to consider their bail excluding the factors for determination of the bail in favour of the above named accused at this stage.

BOSE examination.....

the Jamia Millia University entrance test is also being held on that day.

"We request principal secretary, Education Alok Kumar and chairman Board of School Education PR Manhas to reschedule examination of the physical education paper so that hundreds of aspirants from Kashmir Valley can appear in the entrance examination being conducted by Jamia Millia University," they said.

Widespread.....

widespread light rainfall overnight resulting in drop in temperature that triggered wintry conditions.

Srinagar, the summer capital of Jammu and Kashmir, recorded a low of 6.3 degree Celsius against 2.7 degree Celsius the previous night. It was, however, 0.6 degree Celsius below normal during this period of the season.

However the maximum temperature improved slightly in Srinagar was recorded at 18.0 degree Celsius which was 0.3 degree Celsius above normal. Qazigund on Srinagar-Jammu nation-

al highway had a low of 4.0 degree Celsius against 3.6 degree Celsius and it was 1.7 degree Celsius below normal for the gateway of Kashmir.

Pahalgam in south Kashmir recorded a low of 2.4 degree Celsius 1.8 degree Celsius the previous night. It was 0.2 degree Celsius above normal for the tourist hot spot.

Kokernag experienced a low of 3.1 degree Celsius against 2.3 degree Celsius and it was 2.3 degree Celsius below normal for the picnic spot of south

Gulmarg in north Kashmir settled at minus 1.6 degree Celsius against 3.5 degree Celsius a day ago. It was 2.1 degree Celsius below normal for the famous ski resort.

Kupwara had a low of 3.6 degree Celsius against the 1.2 degree Celsius the previous night and it was 1.9 degree Celsius below normal for the frontier Kashmir district, the MeT office said.

Cache of.....

Kupwara district on Thursday.

The ammunition as per Army was concealed the jungle area with adequate packaging.

The ammunition recovered during the joint operation include 720 rounds of 7.62 mm (most likely of Chinese origin), 05 rounds of RPGs, 09 booster tubes of RPG, and 10 x UBGL Grenades(most likely of Russian Origin).

Kashmiri youth.....

whereabouts is unknown to his fam-

ily.

The family members including the mother and the sister of the missing vouth emerged in Press Enclave Srinagar to attract the attention of the media towards the matter.

"He was working in a hotel at Ludhiana where he had gone there along with a friend from Anantnag. The hotel authorities informed us that Firdous is untraceable since 17 February," one of the relatives told the news agency Kashmir News Trust.

Another relative said that police in Ludhiana don't take the issue seriously. "We repeatedly visited the police station in Ludhiana but the men in uniform are not giving serious heed and no efforts are being made to locate our missing member," he said.

The protesting family appealed to the Jammu Kashmir Police and Kupwara district administration to take up the issue with the Punjab Police.

No need to.....

Dr Hassan said the new variant is causing uptick of cases in some parts of the country.

"While cases are rising, there is no evidence of increase in hospitalization," he said adding there is no need to panic as long as it does not lead to severe illness.'

The DAK President said case count has lost relevance; hospitalization numbers are now reliable markers when it comes to assessing the threat from pandemic. "If we continue to highlight only the

increase in cases, we run the risk of causing unnecessary public panic," he

Dr Nisar said new variant XBB1.16 is a sub-lineage of omicron strain of Covid-19. Most of us have gone through the

omicron wave and our population has enough immunity against omicron and its sub-variants. With high vaccination rates and natural immunity, the possibility of a

variant is unlikely. He said Covid-19 has entered into the endemic stage and the rise and fall in cases is going to be a routine process.

new wave in our population due to the

"What we are seeing in terms of a spike in Covid cases is on expected line," he said adding the current surge is not a wave but an endemic spike and we expect these fluctuations in future

General Secretary DAK Dr Arshad Ali said new variants will keep coming as frequent changes in the genomic structure are part of the natural course of the virus.

"For last one year, we have got variants which are basically sub-lineages of Omicron, so it seems virus has stabilized," he said.

LeT Terrorist.....

area of Bandipora, in north Kashmir, a special checkpoint was established near Canal Road Aloosa, by security forces, a police spokesperson said.

During checking, one terrorist associate linked with proscribed terror outfit LeT was apprehended, he said.

The spokesperson identified the associate as Jamshed Ahmad Bhat, a resident of Aloosa Bandipora.

Incriminating material, ammunition and explosives, including a Chinese grenade and 12 live AK-47 rounds, were seized from him, the spokesperson said.

A case has been registered, he added.





JKSCERT likely to announce 8th class results on April-10

ATD to take some time to start: Official

■ HT News Network

SRINAGAR, APR 06: Jammu and Kashmir State Council for Educational Research and Training (JK-SCERT) is likely to announce results of 8th standard on April-10.

Atopofficial informed the news agency—Kashmir News Observer (KNO) that the results have been prepared and all the process have been completed.

"We have completed all the requisite process and most likely, the results will be announced by April-10," the official said.

It also said that the academics will be started immediately in a week's time after announcement of the results.

Pertinently, the examinations of the 8th standard commenced from February-27 and culminated on March-10.

Meanwhile, the official also said that the Annual Transfer Drive (ATD) for teaching staff of School Education Department will take some time to start.

"The ATD will take some time to start and when everything will set, we will open the online links accordingly," the official said.

On asking about the disparity of working hours in schools in and out Srinagar Municipal Limits, the official said, "We will decide soon the new timing fir the schools falling under Srinagar Municipal Limits.

It is pertinent to mention that the timing for government and private schools in Srinagar Municipal Limits usually used to be from 9Am to 3Pm in April while outside the Municipal limits, it used to be 10Am to 4Pm.

However, the government recently announced that the working hours in schools in Srinagar Municipal Limits would be from 9Am to 2Pm while the timing for school outside Municipal Limits remained unchanged resulting in one hour of disparity.



Maiden genome sequencing lab established at SKIMS Soura begins operation

Will get now confirmation of circulating variant in week's' time, says Official

■ HT News Network

SRINAGAR, APR 06: J&K first genome sequencing lab has been made functional at SKIMS Soura.

Dr Bashir Ahmad Fomda Head of Department Microbiology at SKIMS Soura told news agency—Kashmir News Observer (KNO), that genome sequencing lab has been made functional at SKIMS Soura and has started receiving batch of samples.

"The lab will as of now take care of the requirement of genome sequencing for now in the whole UT as samples from Jammu also will be tested here," he said

He said that it will take around week's time in receiving, testing and analysis of the samples.

A health official said that they no longer need to wait for months to get

results from genome sequencing lab outside J&K. Now lab has been made functional in SKIMS Soura and they can get confirmation of circulating variant in about a week, he said.

He said that making the lab functional will help the authorities to improve the capacity of surveillance efforts in J&K.

The official said that when they will get information about circulating variant in time, the authorities can take steps accordingly.

He said that getting results of samples sent for genome sequencing late was hampering their efforts to track the spread of new variants.

"As of now samples will sent for genome sequencing to SKIMS, if their reports would come around week, it would be easy to find contacts of the person in whose sample new variant was detected," he said.

"But we are getting reports of the Omicron after two or three weeks when patients had already recovered from the disease, it then was difficult to find contacts of the person found positive for new variant especially when variant is highly transmissible," the official said.

J&K had no whole genome sequencing labs due to which tests were being sent to NCDC Delhi from where reports were coming very late.

Following the second wave of Covid-19J&K, the government had planned to set up two genome sequencing labs one each in Srinagar and Jammu, but as of now labs haven't been functional anywhere yet.

The samples were being sent to Centre for Disease Control (NCDC) Delhi for genome sequencing.

Security conference discuses, situation, preparedness of Chenab region

■ HT News Network

JAMMU, APR 06: To discuss overall security scenario and to revisit the arrangement, an Intelligence and Security Conference was held at Delta Force headquarters in Dharmund Military Garrison Ramban to discussed the situation and preparedness of erstwhile Doda districk, also known as Chenab region.

As per defence spokesperson, top brass from army, paramilitary forces, police and intelligence agencies of Doda, Kishtwar and Ramban Districts discussed the prevailing situation and operational preparedness.

As per the news agency—Kashmir News Observer (KNO), the meeting was aimed to increase synergy, interaction and co-ordination between civil and military Agencies.

The conference was chaired by General Officer Commanding, Counter Insurgency Force (Delta) alongwith Senior Military Officers and attended by DIG, DKR alongwith SSPs of DKR region who shared valuable intelligence of the region.

Sopore village demands replacement of wooden electricity poles

■ HT News Network

SOPORE, APR 06: Damaged wooden electricity poles and hanging high tension wires at Hardushiva village of Sopore are posing a threat to the lives of people with locals demanding its replacement to avoid any mishap.

Speaking to the news agency—Kashmir News Observer (KNO), inhabitants of Rather Mohalla and adjacent localities of Hardushiva alleged that they are living under constant fear due to low lying electric wires tied with trees and decaying electric poles.

Jahangir Ahmed said they have been demanding the power department to replace the wooden poles to no avail.

Officials at Power Development Department (PDD), division Sopore told KNO that they don't have funds. "PRI has authority to disburse the amount. Our job is to provide the poles and wires," he added.

In Srinagar's downtown, Malik keeps aroma of Ramadan special bakery wafting

■ HT News Network

SRINAGAR, APR 06: The fondness for the exquisite bread and cookies with the delicious smell wafting through the air is inviting more and more customers to Wasim Malik's bakery in Srinagar as the holy month of Ramadan approaches its mid-phase.

Hailing from the Fateh Kadal area of Srinagar's downtown, Malik told the news agency—Kashmir News Observer (KNO) that soon after completing graduation, he joined his family's bakery business.

Wasim said he started making special bread and cookies in Ramadan around eight years ago. "Initially, there were only a few items but now we are selling more than eight varieties of bread," he said.

With a fully furnished bakery store, Malik decided

With a fully furnished bakery store, Malik decided to skip two big Islamic holiday occasions—Eid-ul-Fitr and Eid-ul-Adha—and instead chose the month of Ramadan to make a difference in his traditional baking methods.

Wasim said he belongs to the 3rd generation of his tribe who has inherited the ancestral business. "My grandfather migrated from south Kash-



mir to downtown Srinagar in the early 1980s," he said.

"I never applied or ever thought of it, but joined my father to extend support to his business. Today, we have taken it to a level where customers not just from Kashmir but also from Jammu are ordering our Ramadan special bread and cookies," he said. Speaking about the special bakery items they make and the ingredients used, Malik said they make Lacha Bagerkhane (Warke Bagerkhane), Makie Wor (Sugar-free Kulcha), Butter Roti, Lawasa, Kripa, Namkeen and Sweet Roti.

"No such ingredients which are harmful to the body are used to make these special eatables. We also have sugar-free biscuits and to make these items, we use honey, butter, desighee and other pure items," he said.

Malik said that after the holy month, he is planning to supply his bakery products across the maximum number of areas in Kashmir. "I am also making preparations to launch Nan-Pro biscuits for children," he said.

This government school in Gurez is still closed for winter vacation

Locals protest, demand reopening of school

■ HT News Network

SRINAGAR, APR 06: In a remote village of Gurez, absence of teachers and closure of the local higher secondary school Baduab has affected students, causing anger among people.

In Bhuduab and its neighboring areas, people took to the streets and demanded the Education Department take immediate action to fill the vacant

positions and reopen their school which is closed since winter vacation.

A video obtained by the news agency—Kashmir News Obbserver (KNO) showed a passionate gathering of people at the Higher Secondary School Bhuduab Tulail chanting slogans against the government's failure to open higher secondary schools in their village.

The residents claim that despite



the Director of School Education passing an order for reopening schools across the valley, the higher secondary has remained closed without a single class taken in the past month.

Many teachers are enjoying their vacations until April, causing trauma to students.

"How can we expect good results from schools that remain closed for a month for no reason," said Mushtaq Ahmad, a

local. "The government claims to provide better and basic education to poor people but nothing of the sort is available on the ground," he said.

Sub-Divisional Magistrate (SDM) of Gurez, Mudasir Ahmad has ordered a report to be compiled on the matter and has issued a stern warning to the school staff. "Strict action will be taken against any staff member found to be absent," he said.

Panun Kashmir demands division of Kashmir into two UTs for rehab of Hindus

■ HT News Network

JAMMU, APR 06: Panun Kashmira organization of Kashmiri Pandits on Thursday demanded division of Kashmir division into two new Union Territories comprising one reserved for rehabilitation of Migrant Hindus.

As per news agency—Kashmir News Observer (KNO), addressing a press conference, Panun Kashmir's Chairman Dr. Ajay Chrungoo said that we demanded division of existing Kashmir into two Union Territories, one being Panun Kashmir for rehabilitation of Hindus of Kashmir and creation of a separate Jammu state if Jihadi war has

to be permanently defeated.
Chrungoo alleged that the spectre
of abject destitution and deprivation
of the family of Sanjay Sharma, the
Kashmiri Hindu security guard, killed
by terrorists in Kashmir recently
brings out clearly the policy of 'Use,
Abandon and Dump' pursued by the
Centre and Lieutenant Governor for
Hindus of Kashmir.

Panun Kashmir he said has no hesitation in saying that ruthless and relentless pursuit of denial of geno-



PANUN KASHMIR

cidal destruction of Hindus of Kashmir by Government of India has made it extremely insensitive and blind to the survival needs of Hindus living in Kashmir.

"How comical and appalling it is that while the destructive process of Hindus in Jammu and Kashmir is on with impunity, the Government of India makes gestures of bravado of opening of pilgrimage route to Sharda shrine," said Dr Chrungoo stating that which Hindu will not welcome visiting the destroyed temple of Shardha in Pak Occupied Kashmir. Kashmir cannot be salvaged, he lamented.

"Didn't our Home Minister cancel his visit to meet families of Hindu victims of Dangri massacre in Rajouri, Jammu on the very weak grounds of weather disturbances?," he alleged.

He said that the Panyu Kashmir

He said that the Panun Kashmir demands of Government of India to recognise demographic destruction of Hindus in Kashmir as well as Jammu as the prime objective of Islamist separatism, to evolve policies to fight and defeat the campaign of Hindu genocide in Jammu and Kashmir, to stop circumventing the real challenges in Jammu and Kashmir and realise that political jargon weaved around developing separatist dominated areas had failed in the past and have no chance to succeed now and immediately start dialogue on the issues of further reorganising Jammu and Kashmir.

Railways to run special train to clear extra holiday rush

■ <u>HT News Network</u>

JAMMU, APR 06: The Indian Railway has decided to run a special train between New Delhi to Katra to clear extra holiday rush.

As per news agency—Kashmir News Observer (KNO), the railways spokesman said that special train has been planned to clear the extra rush of passengers due to long weekend.

The special will be running as 04071/04072 New Delhi-Shri Mata Vaishno Devi katra- New Delhi (NDLS-SVDK-NDLS) Gati Shakti Special Express train on April 7.

The train depart from New Delhi Railway Station at 23:15 on on April 7 April and will return Sri Mata Vaishno Devi Katra Railway station at 06:40 on date April 9.

Station Director Uchit Singhal said that special train will consist of 22 coaches and will have stoppage at Sonipat, Panipat, Karnal, Kurukshetra, Amabala Cantt, Ludhiana, Jalandhar Cantt, Pathankot Cantt, Jammu Tawi and Udhampur.

It will be a one trip special which has been decided to be run to clear the extra rush of traffic. He further said that this is being done in light of the long weekend for the convenience of rail travellers and to clear extra rush of passengers.

DC Baramulla, MD JJM reviews Progress of **Works Under Jal Jeevan Mission**

Put in Every Effort to Achieve Timely and Desired Results: Dr Sehrish Asgar to Officers

HT News Network

HEADLINES

CODAY

BARAMULLA, APRIL 06: In order to take an appraisal of the progress of effective implementation of Jal Jeevan Mission Scheme, Deputy Commissioner Baramulla, Dr Syed Sehrish and Mission Director, JJM Kashmir, Dr. G.N. Itoo today jointly presided over a meeting of concerned officers at Dak Bungalow where a comprehensive review of the scheme was taken.

At the outset, the Deputy Commissioner in her opening remarks asserted that the implementation of Jal Jeevan Mission Scheme is being monitored by District Administration Baramulla on daily basis and every effort is being taken to



ensure that 100% saturation is made for a total of 423 works undertaken under IIM Scheme.During the meeting, the Deputy Commissioner and Mission Director reviewed in detail the physical and financial progress of the works being executed under the Jal Jeevan Mission. On the occasion, it was informed that total households in the district stands at 1.45 lacs to be covered under JJM for which 159 works are already in execution mode thereby making the increase progress of works to 38 percent.

It was also given out that 99587 households have been provided with portable water connection in the district till date against the set target of 145675.

While discussing the

measures for water quality monitoring and Surveilwas informed that Baramulla district is provided with 8 testing labs under which ducted for quality water through Field Testing Kits till date. Reviewing other measures for quality water, the officers of concerned departments briefed that 1492 women across the with FTKs for conducting water samples to ensure the portable and quality water.

reviewed the testing of water in schools/ AWCs for chemical and bacteriological contamination under the Swatch Jal he Surakisha campaign. In this regard, it

lance system, the meeting 22987 water tests were condistrict have been trained

The meeting also was informed.

Div Com reviews progress on mega road-projects of NHIDCL, NHAI

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HT News Network

JAMMU, APRIL 06: Divisional Commissioner, Ramesh Kumar reviewed the status of road projects being executed in the districts of Jammu Division by National Highway Infrastructure Development Corporation (NHIDCL) and National Highway Authority of India (NHAI).

During the meeting, there was an elaborate discussion on the status of all major road projects undertaken by NHIDCL and NHAI. The Divisional Commissioner inquired about any bottlenecks hampering the progress of these vital projects. The major road projects reviewed included Jammu Ring Road, Delhi Katra Expressway, Nation-



al Highway Udhampur Banihal stretch, Jammu-Akhnoor Road, Jammu Poonch Road, Chenani Sudhmahadev Road besides other projects.

HT - KASHMIR

The concerned officers apprised the Divisional Commissioner about the present status of work on all ongoing projects and also raised issues that need to be resolved. In response to these issues, the Divisional Commissioner instructed concerned Deputy Commissioners to resolve any pending land issues in their respective districts and to complete disbursement of compensation as soon as

The Divisional Commissioner also asked executing

agencies to stay in regular touch with Deputy Commissioners for resolving minor issues on priority. He instructed executing agencies to expedite the pace of work on all ongoing projects for their timely completion. Additionally, he instructed Deputy Commissioners to issue pending awards and complete disbursement of compensation at the earli-

The meeting was attended by General Manager NHIDCL, Col SS Sangwan; **Assistant Commissioner** Central, Pritam Lal Thappa; Deputy Director Planning, Munish Dutta and senior officers of NHAI. Deputy Commissioners of Jammu division and concerned officers participated in the meeting through video con-

CUK's commerce deptt holds panel discussion

HT News Network

Ganderbal, Apr 6: Under the G-20 University connect, Department of Commerce, Central University of Kashmir (CUK), organized a panel discussion by the students on the theme "G-20 Trade, Business, Economics and Sustainability" at Green Campus here on Thursday.

In the discussion 10 students made presentations on countries falling in the domain of G-20 Including India, Turkey, Russia, Australia, China, USA, Brazil, France, Argentina and European Union. The panellists highlighted business trade and economic opportuni-



ties between India and other G-20 members and also identified the areas for their trade and economic cooperation and sustainability. The students discussed other issues which can cement the political and diplomatic relations between the nations based on the trade and economic fundamentals. They captured the picture of India's position in G-20 and

described that India has huge opportunities to progress in view of its huge demographic potential, size of economy and resources.

Speaking on the occasion, Dean School of Business Studies, Prof. Fayaz Ahmad Nika emphasised on the importance of sustainable development and how India and other G-20 nations can play a vital role in it globally to overcome the detri-

mental effects of globaliza tion. He mentioned that trade and business is the basic cornerstone that connects the countries and in G-20 the nations have the mandate to move further towards progressive relations on the assumption of economic cooperation and sustainability.

Earlier, Dr Mehraj-ud-din Shah, Head Deptt of Commerce explained that the objective of holding the discussion was to enlighten the students about the economic and business prospectus between and among the nations and how they can come closer to each other for global development so that the objective of "One Family, One Earth.

DC Kishtwar reviews COVID-19 situation in district

possible.

HT News Network

KISHTWAR, APRIL 06: Deputy Commissioner, Dr Devansh Yadav convened a meeting to review the current COVID-19 situation in the district and assess its preparedness to tackle the pandemic.During the meeting, the Chief Medical Officer briefed the attendees about the status of COV-ID-19 in the district and informed them that there are currently two active cases. However, the positivity rate is low and there is no need for immediate concern. Although an increase in testing and enhanced surveillance is needed.

Dr Yadav stressed the importance of remaining vigilant and prepared for



and focus on increased testing of all Severe Acute Respiratory Illness and Influenzalike Illness cases.

The DC also emphasised the need for enforcing Covid Appropriate Behaviour (CAB) to curb the spread of infection. He urged people to follow CAB guidelines, including wearing masks in hospital premises by patients, health professionals and health workers.

Furthermore, Dr Yadav

urged the Executive Officer Municipal Council Kishtwar to make announcements on CAB within the limits of the Municipal Council and encourage people to wear face masks while visiting crowded places. Additionally, he advised comorbid and elderly persons to avoid overcrowded places as a precautionary measure.

The meeting was attended by Additional District **Development Commis**sioner, Sham Lal; Additional Deputy Commissioner Kishtwar, Inderjeet Singh Parihar; Assistant Commissioner Revenue, Varunjeet Singh Charak; Sub-Divisional Magistrate Paddar, Rishi Kumar; Chief Medical Officer, Yaqoob Mir; District **Tuberculosis Officer and** other concerned officials.

Subject-Grant of Registration of the proposed Travel unit under the name & style "Nature Walkars Situated at Waganpora Nawakadal.

PUBLIC NOTICE

Bagiyas Chattabal Srinagar, intends to apply in the department of Tourism for Registration of my proposed Travel Unit under the name and style "M/s Nature Walkers situated at Waganpora Nawa Kadal, Kashmir under Tourist Trade Act 1978/82/2011-12. Whereas, I will submit State Subject/Domicile Certificate, Qualification Certificate, Pan Card, Experience Certificate (Minimum 05 Years), Character Certificate (Police Department), Bank Statement (Minimum Balance 10000), Site Plan, Affidavit, Rent Deed duly attested by Sub-Register, Printing Material (Letter Head/Visiting Card), Photograph of the Unit (Indoor and Outdoor) and Two Passport size Photographs to the Department of Tourism as per prescribed checklist prior to Registration of my unit as an Excursion Agency. Now as per J&K Registration of Tourist Trade Act 1978/82/2011/12 before my case is processed for registration by the Competent Authority, the matter is hereby notified for information of general Public/Financial Institutions/Bank/ Organisation, etc for objection, if any and the same should reach to the Deputy Director Tourism Reglastation (e-mail Id:ddtreg123@gmail.com) within a period of 7 days from the publication of this notice in leading local newspaper/ newspapers of the Valley. No objections beyond a period of 7 days shall be entertained.

کے تین جیٹے اور دو بیٹیاں ہیں ۔میرے تینوں جیٹے دیا فی طور عدم تو ازن/ بیاری کے شکار ہیں اور دیا فی امراض مرینگر کے بہتال کے ڈاکٹروں کے زیمے ملائ ہیں ۔ان کی عمر نے 12,14,16 ساک جیں۔اس کے علاوہ مظلم کی بیوی کا و ما فی آ پر کیشن جى حال بى يى رويمل لاياكيا بادراس كابرين نيومركا علاق بحى جارى ب ساس كى دوائيوں يرمسلسل دو بزار روپ(=2000) كا قريد أنا ب اس كا MRD فبر726421 اور721297 بدائي ميں جالا بجال اور بھار زوی کی گھرائی او کیے بھال کی ہیدے گھڑے ہاہر قدم بھی ٹیش رکھ سکتا ہوں تا کہ پکتے بحنت مز دوری کر کے کما کر لاؤں اوران کو کھلا پلاسکوں ۔ اس لئے عاحب فيرحضرات عدوفواست يك مظهرك مالى مدوصدقد وذكواة وغيروك صورت میں کریں تا کرس حد تک میں معیبت سے داحت محسول کرسکوں۔ مالی مدہ بذر بعدا كاوّ نث نمبر 1 5000064 0877040 جموں وكشيم بنك شاخ كولى FSC CODE JAKAOKULIGAM المركزة

مظير محريجي ملك ساكن اولاب كواري شلع كيوارو

Cell No 8493979726

Rise of Drug Addiction In Jammu and Kashmir its Causes and Solution

Syed Tajamul

Jammu and Kashmir has become a hub of drugs. A recent study has revealed that Jammu Kashmir has 1 Million people involved in drug-related issues which are approximately 9% per cent of the population of the Union

Giving the breakup, the Union Ministry said that an estimated 1.44-lakh persons were consuming cannabis in J&K of which 36,000 were female and the rest 1,08,000 males.

Drug abuse or substance abuse refers to the use of certain chemicals $for the \, purpose \, of \, creating \, pleasurable \,$ effects on the brain. There are over 190 million drug users around the world and the problem has been increasing at alarming rates, especially among young adults under the

Apart from the long term damage

to the body drug abuse causes, drug addicts who use needles are also at risk of contracting HIV and hepatitis B and C infections.

Causes of drug useDrugs of abuse are usually psychoactive drugs that are used by people for various different reasons which may include:

Curiosity and peer pressure, especially among school children and young adultsThe use of prescription drugs that were originally intended to target pain relief may have turned into recreational use and become addictiveChemicals may be used as part of religious practices or rituals Recreational purposesAs a means of obtaining creative inspiration.

Drug categories Drugs of abuse fall into three groups and these include: Depressants: These cause depression of the brain's faculties and examples include sleeping pills (barbiturates) and heroin.Stimulants: These cause stimulation of the brain, giving rise



to alertness and increased bursts of activity. A rapid heart rate, dilated pupils, raised blood pressure, nausea or vomiting and behavioral changes such as agitation, and impaired judgment may also result. In severe cases, there may be delusional psychosis which can occur with the use of cocaine and amphetamines. Hallucinogens: These cause hallucina-

tions and an "out of this world" feeling of dissociation from oneself. Hallucinogens may cause distorted sensory perception, delusion, paranoia and even depression. Examples include ecstasy, mescaline and LSD. Drug abuse is seen in various different age groups and in individuals from nearly all walks of life and socioeconomic strata. However, men are more

likely to abuse drugs than women, single people are more likely than married individuals and urban dwellers more likely than rural dwellers. Prisoners, street children and younger individuals are also more likely to abuse drugs.Jammu and Kashmir"A society which needs Reformation" A Question? Where things are going wrong .Occurrence of Incidents like, Killing of a daughter by Father, cutting a body of Soibugh girl ruthlessly, killing of a mother by son, death of a young people due to drugs and many more issues in our society nowadays. Civil Society, choosing right leadership, public friendly Burecracy, friendly police public programs, Bureaucratic and Civil Society support to Educational Instituions for couselling Juveniles, Mohalla and Village level committes to be activated. All have to work in a team and collectively to win over such ill issues of the

PUBLIC NOTICE CORRECTION IN NAME..

It is being made public that I want to change the name of my daughter from Ayesha to AYESHA IFTIKAR in the School Records. From now onwards She will have the following particulars :-AYESHA IFTIKAR

Father's Name - IFTIKAR AHMAD MIR Mother's Name - SHEEBA MOHI UD DIN R/O - Rehmat Lane Umerabad Zainakote Srinagar. Student of: RP SCHOOL LAWAYPORA

Class 5th Section - Pink Roll No-07.

Anybody having any objection may kindly approach the Concerned School within a period of seven days of Publication of this Notice. No objection shall be accepted after the said date.

PUBLIC NOTICE

My Name in School Records has been wrongly entered as Ateeb SIO Parvez Ahmad Mir instead of actual New name: Mohammad Ateeb Mir S/o Parvez Ahmad Mir. Now I intend to make necessary correction accordingly in my School Records. If any person having objection to it may please fill his/ her objection before the Principal Shadab Higher secondary School Malbagh Srinagar within a period of seven days of publication of this notice falling which no any

Name..Parvez Ahmad Mir F/o ... Mohammad Ateeb Mir Mothers | Name. Rukaya Parvez R/o... Shahi Mohalla Awanti Bhawan

objection shall be entertained.

In a first, KU to evolve 'new model' for setting of question papers

HT News Network

Srinagar, Apr 6: In a first

aims to further ease the varsity's postgraduate and undergraduate examinees in a big way, the University of its kind initiative that of Kashmir has started the

PUBLIC NOTICE CORRECTION IN NAME..

It is being made public that I want to change the name of my daughter from Zainab to ZAINAB IFTIKAR in the School Records. From now onwards She will have the following particulars :-ZAINAB IFTIKAR

D/O IFTIKAR AHMAD MIR MOTHER- SHEEBA MOHI UD DIN R/O - Rehmat Lane Umerabad Zainakote Srinagar Student of RP SCHOOL LAWAYPORA Class - 4th Section - Pink

Anybody having any objection may kindly approach the Concerned School within a period of Seven days of Publication of this Notice. No objection shall be accepted after the said date

process to frame new guidelines for setting of question papers to bring about greater clarity in the content and better conceptualisation of questions.Vice-Chancellor Prof Nilofer Khan has given her go-ahead to a proposal mooted by the Controller of Examinations to constitute a broad-based committee of academics from the main and satellite campuses to formulate a policy document on setting of question papers for various

The larger idea, according to officials, is to have the question papers set strictly in accordance with the syllabus and have their language and content enriched for easy comprehension by

UG and PG examinations.

the examinees. "Setting a question paper involves more than merely asking questions. It is important to see how rich a question paper is conceptually and whether its standard is good enough to evaluate a student holistically. Additionally, it is also about ensuring that the academic level of students is kept in mind while framing the questions," Controller of Examinations, KU, Dr Majid Zaman, said.He said the committee is also mandated with framing a proper set of instructions for paper setters, including use of proper vocabulary and punctuation marks, appropriate assembling and ordering of the questions.



@HEADLINESTODA17

ADGP Mukesh Singh inspects drug de-addiction centre in Rajouri

HT News Network

RAIOURI. APRIL 06: Additional Director General of Police (ADGP) Jammu, Mukesh Singh visited the Drug De-Addiction Centre in Rajouri to inspect the facilities available for clients. The visit highlighted the crucial role of such facilities in the fight against drug addiction in the district. Deputy Commissioner Rajouri, Vikas Kundal also accompanied him.

During his visit, ADGP Jammu Mukesh Singh interacted with the staff and clients at the centre and inquired about the facilities available to them. He emphasised the need for regular counselling and medical check-ups to



effective treatment. He also assured the staff of the centre of full support in their efforts to provide quality care to clients.

The ADGP discussed the challenges of drug addiction and strategies to address them during his visit. He emphasised the need to increase awareness about the harmful effects of drug addiction and to encourage youth to adopt healthy lifeensure that clients receive styles. The ADGP also

assured clients of the government's support in their rehabilitation and recovery process. He encouraged clients not to hesitate to seek help if they are strug-

gling with addiction. The Deputy Commissioner also apprised the ADGP that the district administration, in conjunction with the police administration, is leaving no stone unturned in eradicating the societal scourge of drug will be placed on drug..

abuse. He further disclosed that numerous measures have been implemented to rehabilitate drug addicts.

As a means of curbing the sale of prescription drugs. closed-circuit television (CCTV) cameras are being installed in chemists and pharmacies. Furthermore, monthly meetings of the National Coordination and Response Mechanism on Drugs (NCORD) are being convened regularly, he revealed.

 $To \, educate \, parents \, on \, the \,$ detrimental consequences of drug abuse and prevent their children from falling prey to it, dedicated antidrug squads have been established at the school level. During monthly parent-teacher meetings in schools, special emphasis

DM Ramban chairs District Road **Safety Committee meet**

HT News Network

IRAMBAN, APRIL, 06: District Magistrate, Mussarat Islam chaired a District Road Safety Committee meeting to discuss road safety measures such as reducing accidents, creating awareness about road safety, safety audits and improving roads.

The District Magistrate reviewed the current status of National Highway 44 (NH-44) and directed NHAI to fill potholes on the existing highway and install signage to keep communities informed about the latest status of the highway. The DM also directed NHAI to control over speeding by taking strict action on violators in coordination with the Motor Vehicle and Traf-



tions. The DM directed the Chief Executive Officer of Municipal Committee Ramban and Executive Officers of Municipal Committees Banihal and Batote to take action against parking in no parking zones and roadsides to decongest the roads. He also instructed the PWD and PMGSY departments to improve the condition of their roads and complete road safety audits.

Assistant Regional Transport Officer Ramban informed about initiatives taken to curb over speeding. overcharging, wrong parking, drunken driving, underage driving etc. on National Highway 44 and various link

The meeting was attended by Additional Deputy Commissioner, Harbans Sharma; Additional Superintendent of Police, Gourav Mahajan; Chief Planning Officer, Kasturi Lal; Assistant Regional Transport Officer, Samrinder Singh; Engineers from Public Works Department (PWD) and PMGSY: officers from National Highway Authority of India (NHAI) and other committee members.

Late industrialist and creator of Rasna awarded **Padma Shri**

HT News Network

Srinagar, Apr 6, KNT: Late Areez Pirojshaw Khambatta, founder and chairman of Rasna Group, has been awarded the Padma Shri posthumously for his work in Trade and Industry in the state of Gujarat.

The award was accepted on his behalf by Ms. Persis Areez Khambatta's wife and his son Piruz Areez Khambatta.

Khambatta is the first Ahmedabadbased Parsi to receive such an honour. He founded the original startup, "Made in India" company that has gone on to conquer the international market. Today Rasna International is well known as one of the largest instant drink and beverages manufacturers globally having 80% market share in India.

Commenting on this high honour, Mr. Piruz Khambatta, Chairman Rasna Group said "The Khambatta Family is humbly accepting this Award posthumously given for late Shri Areez Khambatta by the President of India. We are ever thankful for this gesture. I and my family have dedicated ourselves to follow in my late father's footsteps towards Nation Building".

In the past, Shri Khambatta has been awarded the President of India's Home Guard and Civil Defence Medal as Well as Paschimi Star, Samarseva and Sangram Medals. He has been honoured with the National Citizen's Award for outstanding contribution in the field of Commerce by the President of India, Honorable Dr. Shankar Dayal Sharma. He was also awarded Samman Patra by the Finance Ministry for his contribution to the National Exchequer as the highest taxpayer of Gujarat. He was also felicitated by the Ahmedabad Parsi Panchavat and was chosen as the first 'Outstanding Parsi of Ahmedabad. [KNT]

Ramban: Fisheries Department organises training programme to boost fish production

HT News Network

RAMBAN, APRIL 06: A training programme on 'Technological Interventions for Fish Seed and Trout Production' was held in Ramban. Organised by the Department of Fisheries, Department of Agriculture and Krishi Vigyan Kendra (KVK) Ramban, the event aimed to promote sustainable development of fisheries for nutritional security, employment generation and economic prosperity.

Chief Agriculture Officer, Dr Ashwani Kumar stressed the need for formulating a road map for implementing the project to achieve desirable targets and boost fish produc-



tion in the district.

Assistant Director Fisheries Ramban, Fayaz Ahmed Fayaz highlighted the importance of various components of the project for harnessing the aqua-potential of Ramban district and its successful implementa-

Resource person, Rajesh Khajuria highlighted the feasibility criteria and pattern of assistance for establishing different components of the project. Participants were trained in new technology to increase fish production through fish farming and encouraged to spread awareness and help unemployed youth learn about new technologies.

The project aims to increase fish production and growth rate, strengthen social security and welfare measures for fishers and facilitate improved post-harvest practices. It was informed that the project under the scheme also includes establishing new hatcheries and upgrading existing infrastructure to boost fish production. Chief Agriculture Officer, Dr Ashwani Kumar stressed the need for formu $lating\,a\,road\,map\,for\,implementing$ the project to achieve desirable targets and boost fish production in the district.

Assistant Director Fisheries Ramban, Fayaz Ahmed Fayaz highlighted the importance of various com $ponents\,of\,the\,project\,for\,harnessing$ the aqua-potential of Ramban district and its successful implementa-

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DC Rajouri launches e-SUTTRA Portal

HT News Network

RAJOURI, APRIL 06: Deputy Commissioner, Vikas Kundal launched the e-SUTTRA portal to streamline the annual 'Dera' move ments and permission for animal purchases. The digital platform will enable applicants to apply online for Dera movement and animal purchases, ensuring a smooth and hassle-free permission process.

The e-SUTTRA portal has inbuilt tracking facilities for online applications, ensuring time-bound disposal and eliminating any inconvenience for applicants. The



portal will help the district administration take another step towards digitisation, bringing transparency and efficiency to the permission process.

At the launch, Deputy Commissioner Kundal emphasised the importance of digital platforms in making administrative processes more accessible and efficient. He expressed hope that the e-SUTTRA portal would enable applicants to get necessary permissions

smoothly. The portal is part of the

government's efforts to implement digital governance practices.

Deputy Commissioner urged the public to use the portal to simplify their application processes and provide feedback for further improvement.

The launch event was attended by Additional Deputy Commissioner Raiouri, Raieev Kumar Khajuria; Chief Planning Officer, Mohammad Khurshid: Assistant Commissioner Revenue, Imran Rashid Kataria; Superintending Engineer Hydraulics, Bhram Jyoti Sharma, District Informatics Officer, Muzaffar Mir and other concerned officers.

DC Kathua chairs RTA meeting, approves new road permits

HT News Network



KATHUA, APRIL 06: Deputy Commissioner, Rahul Pandey chaired a meeting of the Regional Transport Authority (RTA) to discuss matters related to public transport in the district and to sanction route permits.

During the meeting, two applications for All Jammu and Kashmir Contract Carriage permits were approved. The Deputy Commissioner also directed the Public Works Department (PWD) to identify vulnerable points on important roads in the district and submit a Detailed Project Report (DPR) for rectification. Additionally, the Traffic Department was instructed to maintain proper traffic regulation and take action

CEO Udhampur urges institutions to enhance Kindergarten classes

HT News Network

UDHAMPUR, APRIL 06: Chief Education Officer, Geetu Bangotra visited SIKS Higher Secondary School for Boys Udhampur to conduct an academic inspection. During the visit, Bangotra initiated enrolment drive rally under community mobilisation. The objective of the rally was to attract new admissions to the

all Heads of Institutions in the dis-



similar enrolment rallies at their awareness about the various facilities

provided to government school students. She was accompanied by Assistant Director Planning, Darshan

The CEO also visited the kindergarten section of the school and monitored the academic performance of the KG classes. She interacted with the KG students and expressed her satisfaction with the management of the KG classes. She urged all Heads of Institutions to utilise all grants released for the benefit of KG classes.

The Chief Education Officer urged

Ch. Lal Singh met with the LG regarding the problems of youth of Jammu

heads of institutions running Kindergarten classes to enhance the appeal of the rooms by adding wall paintings and decorative posters. She also implored the general public to take full advantage of kindergarten classes and other government schemes by enrolling their children, with a minimum age of 3+ years, in government schools.

In addition, she inspected ongoing construction works and various development projects within the premises of the school.

SKUAST-K conducts Naat & Qirrat Competition

HT News Network

Srinagar April 06: A University level Naat and Qirrat competition was organized across all the faculties/colleges of the university where a large number of students were present along with the participating students. The programme was attended by Prof (Dr) M A A Siddiqui Director Education & Dean Students Welfare SKUAST-K, Prof(Dr)THMasoodi Director Research & Registrar, Deans, Associate Deans, OSD to VC, HoDs of various Divisions, Officers of the University including Mr Parvez A Bhat (Dy Registrar) & Mr. Aslam Parvez (Dy Registrar), Student Welfare Officers from all the faculties/colleges along with students. Prof(Dr)TH Masoodi highlighted the importance of conducting these activities for the overall development.

HT News Network

Jammu 6th April 2023: Ch. Lal Singh, Founder Chairman of Dogra Swabhiman Sangathan Party and Former MP and Cabinet Minister met with the Lt. Governor Sh. Manoj Sinha today. He apprised the LG about certain obstacles caused by bureaucratic apparatus in the development and reforms in the affairs of JKUT. He informed the LG, that the bureaucrats

are taking decisions which are arbitrary unpopular and have potential to damage the common interest of every citizen.

Ch. Lal Singh raised some

glaring issues which have serious repercussions on the future of the youth like admission in various institutions including Para Medical, Academic institutions and other professional institutions. Ch. Lal Singh also apprised the LG about the different representations received from

general public during 2nd Jan SAMPARAK ABHIYAAN of DSSP which are listed as follows:

Every student passing out 10th and 12th need to be absorbed in colleges for higher education and, therefore, number of vacancies in each college should be increased. Those interested to learn some skills in paramedics, should not be denied admission and therefore, it should be made open for all as it will make them independent to



earn for their livelihood.

· Old policy of admission to all should be adopted instead of putting students to rigorous process of going

through BOPEE.

 Recruitment agencies like JKSSB, PSC should be strengthened, instead of outsourcing the entrance

To change the land laws and ensure protection of jobs and land to the locals of the JKUT.

At last Ch. Lal Singh requested the LG for the separate Jammu state with article 371.

Hon'ble Lieutenant Governor, Jammu and Kashmir UT, gave a patient hearing to the issues and demands raised by the Ch. Lal Singh and ensured that all the suitable measures shall be taken





EDITORIAL

PREADLINES

Earthquake Prone Kashmir, Sitting on a prospective **Big-Bang...**

Kashmir Valley situated in the laps of Himalayas, is one of the most beautiful regions in the world. However, this region is highly prone to earthquakes and has witnessed some of the deadliest earthquakes in history. The region falls under seismic zone 5, which is the most prone to earthquakes. The devastating earthquake that hit Kashmir in 2005 killed more than 86,000 people and left several thousand injured. This tragedy highlights the need for preparedness and mitigation measures to ensure the safety of the people in the region.

The region's topography and location make it highly susceptible to earthquakes. The region is located in a seismically active region, and the Himalayan range, which surrounds the valley, is the result of tectonic activity. As a result, the region experiences frequent tremors, which can sometimes lead to severe earthquakes.

One of the primary challenges in the region is the lack of awareness among the people regarding earthquakes and the associated risks. The people of the region are not adequately trained to deal with an earthquake, and this lack of awareness can have severe consequences during an earthquake. Therefore, it is imperative to conduct regular awareness campaigns in the region to educate the people on the necessary steps to be taken before, during, and after

The government should collaborate with NGOs and other organizations to conduct training and mock drills in schools, colleges, and other public places to make people aware of the safety measures that need to be taken during an earthquake. These campaigns should include information on how to prepare an emergency kit, what to do during an earthquake, and how to evacuate a building safely. By conducting these awareness campaigns, the people of the region can be better prepared to deal with an earthquake.

Another critical aspect of earthquake preparedness is building earthquake-resistant structures. Traditional buildings in the region are not designed to with stand earthquakes and, therefore, pose a significant risk to the lives of the people. It is essential to incorporate earthquake-resistant designs in all new constructions, and the government should provide incentives to builders who adhere to the safety guidelines. Retrofitting of the existing buildings should also be given priority to ensure the safety of the people.

The Indian government has already made strides towards earthquake-resistant construction. The Bureau of Indian Standards has established standards for earthquakeresistant construction. The Indian government has also provided financial assistance to homeowners to retrofit their houses to be earthquake-resistant. However, these efforts need to be increased to ensure that all buildings in the region are safe during an earthquake.

Another critical aspect of earthquake preparedness is the availability of emergency services. The region lacks adequate medical facilities and rescue services, which can aggravate the situation during an earthquake. The government should ensure that there are enough hospitals and healthcare facilities in the region to cater to the needs of the people during an emergency. The government should also equip the rescue teams with the necessary equipment to carry out rescue operations efficiently.

The Indian government has established a National Disaster Management Authority (NDMA), which is responsible for preparing and implementing policies to mitigate the impact of natural disasters. However, the NDMA needs to focus more on the region of Kashmir, given its high risk of earthquakes. The government should work with the NDMA to ensure that there are enough resources available to deal with an earthquake in the region.

In addition to the above measures, it is also essential to $conduct \, regular \, seismic \, surveys \, in \, the \, region \, to \, assess \, the \,$ seismic activity and potential risks. This will help in identifying the vulnerable areas and taking necessary steps to mitigate the risks. The government should also invest in advanced technology to predict earthquakes and provide early warnings to the people.

The Indian government has also made efforts towards predicting earthquakes. The Indian Meteorological Department has established a Seismological Network that provides real-time information on earthquakes. However, this network needs to be expanded to carry out rescue operations efficiently.

Lastly, the region of Kashmir is highly prone to earthquakes, and it is essential to focus on earthquake preparedness measures to ensure the safety of the people. The government should conduct regular awareness campaigns, promote earthquake-resistant designs, provide emergency services, and invest in advanced technology to predict earthquakes. With the right measures in place, the region can be made more resilient to earthquakes, and the lives of the people can be protected.

Vocational Education for the Differently Abled





Vocational Rehabilitation Centres lead the way through education to authorize disabled in the rural areas by organizing the programs to offer skills and improve work opportunities. Physical barriers and lack of convenience usually prevent persons having disabilities from taking higher education particularly in the countries like India. Lack of confidence in their talent and social discrimination results into $lower \, confidence \, and \, lower \, self-esteem, so \, they \, think$ about themselves like being "surplus citizens" that (are) unable to make any contribution in the society.

It is not difficult to remove this inferiority complex from them if little interest is taken towards guiding them in a few particular types of skills that can evolve their concealed talents and take them to the next level. It needs the implementation of vocational education programs. These programs need to have a solid foundation and should be well executed.

Vocational education can be very useful for the learners having emotional and psychological problems, injury of sight, speech, or hearing and people having a learning disability. For people having modest to severe disabilities, the vocational learning will help them in living an independent life.

Such training and education are provided by the VRCs (Vocational Rehabilitation Centres). A VRC is a familiar institution that helps to assess a person's abilities with their disabilities and teaches them as per their physical conditions and abilities. Here different techniques are used to decide vocational interests, physical capacities, work habits as well as other attributes including job survival for people with

People with working age-group are provided admission to the centres. Chances are given to grow hobbies that can be converted into the vocational skills in life. Students may learn candle making, stitching, spice packing, knitting, bookbinding, carpentry, basket making, handicrafts, tapestry, shoe repair, etc.

Teachers, who work in these centres, are cautiously trained for having particular competencies. They require having social-personal capacities like open-mindedness and patience. They need to be familiar with the skills that they teach the students as well as need to be at times, working as a role

Indian Government has set about 20 Vocational Rehabilitation Centres across the country. Various Skills Training Workshops are attached to these centres to provide non-formal teaching. During Rural Rehabilitation Extension Centres, the VRC services even reach doorsteps of disabled persons within these

VRCs assess problems of physically disabled persons and aid them in the solving associated problems. Therefore sessions of personal modification counselling are also organized in the centres. Their psychological and medical requirements are evaluated and then treatment plans are made for them. The persons having disabilities that are registered to them are funded for the given vacancies. Therefore they are initiated to their prospective employers after their training it gets completed. Such centres at times work as the supply centres for different scholarships, aids as well as schemes accessible for disabled people. VRCs can also pass on these people to financial institutions where these special people can get enough loans and funding for the self-employment projects.

The main aim of the vocational education is career awareness, assessment, training activities with some particular skills and execution of different rehabilitation programs. The education system of India is the biggest in Commonwealth Countries as well as probably the second biggest in the world. The education system must not drop its real meaning and essentially reach all the sections of the society, abled and disabled, using normal teaching or vocational educa-

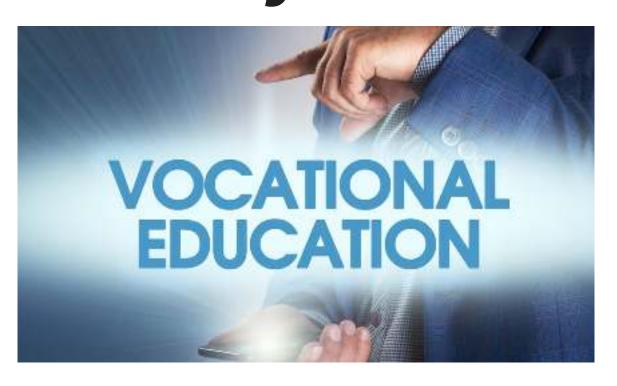
Facilities for the Differently Abled

For developing awareness with the advanced education system and offering required counselling and guidance to the differently abled persons, you can expect the institutes

- Generate awareness for the requirements of differently abled persons, as well as other common issues in their learning
- Give counselling and guidance to the differently abled persons
- Help admission of the differently abled persons into various courses
- Help differently abled persons to get successful employment with the public and private sectors. These special units can be synchronized by faculty members to become nominated by the head of the

The key functions of the Enabling Unit are as follows:

To assess educational requirements of differently abled people enrolled in higher educational institutes to show the kinds of helping devices to be



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obtained

- To collect orders and deal with the examination procedures, fee concessions, reservation policies,
- etc., affecting differently abled persons To give counselling to the differently abled students for the different courses types they might study in the higher educational institutions
- To learn the aptitude for differently abled students as well as help them to get suitable employment while preferred by them in their studies
- To make a sure admission of most differently abled students through open allocation and through reservation intended for them
- To make annual reports using case histories for differently abled people who are helped by HEPSN scheme approved to higher education institutes
- To make sure maintenance of the special helping devices obtained by higher education, instituted underneath the HEPSN plan and promote differently abled people to use them and enhance their education experiences
- To observe crucial days affecting the disability like White Cane Day, World Disabled Day, etc., in the institute as well as within the neighbourhood to produce awareness of the potential of differently abled people
- To organize awareness programs for the teachers of the Institute on the approaches for teaching, assessment procedures, etc, that they need to discuss for differently abled students

Give Freedom to the Differently Abled Persons

It is seen that the differently abled persons want special arrangements within the environment for the independent functioning and mobility. Another fact is that several institutions have architectural obstacles which disabled persons find difficult for the everyday functioning. These colleges are anticipated to discuss the accessibility associated problems according to stipulations of Persons with Disabilities Act 1995, as well as make sure that all $the\, current\, structures\, and\, future\, building\, projects$ in the campuses should be disabled friendly. These institutes need to make special facilities like rails, special toilets, ramps, as well as make some other required changes for the special requirements of the differently abled persons. These construction plans need to clearly address accessibility problems related to disability.

Offering Special Equipment to the Supplement Educational Services for the Differently Abled Persons

Differently-abled persons need special support and applications for their everyday working. These applications are available using different schemes of $\hbox{`Ministry of Social Justice and Empowerment'}. Besides$ the procurement for assistive devices using these schemes, all the higher education institutes can also need special assessment and learning devices to aid differently abled students registered for the higher education. Additionally, visually challenged persons need Readers. Accessibility of devices like computers with screen-reading software, lower vision aids, mobility devices, scanners, etc., might improve the learning experiences of differently abled people. So, colleges are confident to get such devices as well as offer facilities for the Readers of visually challenged learners.

Challenges in the Education of Differently abled

Disability should be handled beyond the surgical and medical interventions. Whilst imparting the higher education for differently-abled learners, a specialized preparation is needed with an adequate number of experts to work as per the requirements. Even autistic children are quite capable of taking higher education. However, to help these people having multiple disabilities, professional training is needed. A union of different components like counselling, social work, and psychology are needed.

The differently-abled children need special attention from the school level and it is found missing and becomes the problem when all these children pursue the higher studies. The major problem is that hearing harmed from the 10 + 2 classes are much more behind when comes to the comprehension, language, as well as math's skills compared to the peers. It becomes the challenge to offerthem the education of degree-level. Strategies need to be formulated to relieve them in it.

Future of Education for the Differently Abled

When the differently abled students pass out from the schools and when they go for the higher education, the screening needs to be done. Some support learning system needs to be given in between, in order that they become ready to take the higher education. Autistic children are also capable of taking the higher education. However, to serve all these people having many disabilities, specialized training is needed.

The main aim of the vocational training is career understanding, evaluation, training activities having some exacting skills as well as the implementation of special rehabilitation programs. Our education system should not crash its real meaning and basically reach all sections in the society, with normal teaching as well as vocational educational programs. Vocational education will be extremely useful for the learners with emotional as well as psychological problems or hearing of people with learning disabilities. For people with moderate to severe disabilities, vocational learning can help them to live a free life. It should have $the \, execution \, of vocational \, teaching \, programs. All \, these$ programs should have a sound foundation as well as should be executed well.

> Vijay GarG Retired Principal Educational **Columnist Malout Punja**



Thirty Years Of Project Elephant



13TH CHEADLINES

It is increasingly evident that biodiversity conservation is one of the best strategies to combat climate change. Nevertheless, biodiversity conservation is a complex endeavor as biological communities are intricately linked with their environment. To circumvent the challenge, approaches focused on conservation of select keystone and umbrella species can help. Conservation of the globally endangered Asian elephant (Elephas maximus) in India is

The association between elephants and people in India is deep, and unparalleled in the world. In India, elephants are revered as a sign of prosperity. They are cultural icons and part of our religion, art, literature and folklore. Indian epics are full of references to elephants. It is even believed Mahabharata was written by Lord Ganesha with one of his broken tusks.

Since the dawn of India's independence in 1947, elephant population trend has been relatively stable unlike other range countries. India has strong legislations such as the Wildlife (Protection) Act, 1972 that accord highest legal protection to elephants regardless of whether they are in the wild or in human care. The Forest (Conservation) Act, 1980, protects elephant habitats from loss and degradation. In the last 9 years, under Prime Minister Narendra Modi, India has built a robust institutional mechanism, backed by strong political will and leadership, to conserve elephants.

Collectively, elephants are found in about 5% of the total landmass of India. Elephants' current range include Protected Areas and other forms of multiple-use forests. They also use human-dominated areas to move between

Ivory poaching, which remains the foremost challenge for conservation of African elephants, is under control in India. This, however, was not the case in the 1970s and 1980s when we lost several tuskers to poaching fueled by the rapacious international illegal ivory market. The killings posed a serious threat to elephant

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conservation, and necessitated a mission-mode to revitalise conservation with active coordination between the States and the Centre. This recognition led to the launch of the ambitious Project Elephant in 1992, in line with Project Tiger that managed to bring tigers back from the brink of population collapse.

Project Elephant is a centrally sponsored scheme to provide technical and financial support for elephant conservation and welfare. Elephant Reserves are the fundamental management unit under Project Elephant. As on date, there are 33 Elephant Reserves spread over 80,778 km2 across India. The year 2022 marked 30 years of Project Elephant in India.

Project Elephant has ramped up initiatives for elephant conservation. Two new Elephant Reserves have been created during the last two years in strategically important locations. The Terai Elephant Reserve notified in the Dudhwa and surrounding landscapes of Uttar Pradesh aims to address long-standing issues facing management of transboundary elephants between India and Nepal. The Agasthiyarmalai Elephant Reserve in southern Western Ghats $mountains of Tamil \, Nadu \, would \, provide \, a \, thrust$ towards restoring connectivity between Periyar and Agasthiyarmalai landscapes.

Recognizing the importance of corridors to conserve elephants and minimize humanelephant conflicts., Project Elephant has been carrying out the task of ground-validating known elephant corridors across India. Significantly, some critical elephant corridors like Chilla-Motichur in Uttarakhand, Tirunelli-Kudarakote corridor in Kerala and a few others have been successfully restored. In a first, an important corridor in Odisha was

notified as a conservation reserve under the provisions of the Wildlife (Protec-

tion) Act, 1972. The Railways and the MoEFCC have been meeting frequently to address the issue of train-related elephant collisions. Both the Ministries are working in tandem with the State Forest Departments and research Institutions to solve the problem.

The most significant challenge towards elephant conservation in India emerges in the form of human-elephant conflict. The government acknowledges the problem and stands with the people to minimise conflicts. Novel initiatives like the Pradhan Mantri Fasal Bima Yojana are now extended to wildlife-related crop losses so that timely compensation can be paid to affected farmers. Efforts are on improve the response time towards conflict and timely ex gratia disbursal.

As India is fast developing and economically progressing, the need of the hour is to retain the natureculture ties. Our mythology, art, religion and heritage emphasize on the virtues of oneness with nature. To take the elephant conservation message to the masses, MoEFCC and the Assam Forest Department will be celebrating Gaj Utsav marking 30 years of Project Elephant in India.

Gaj Utsav will be a platform to collectively pledge our commitment to conservation of this magnificent species.

> **Minister, Environment** Forest & Climate Change, **Government of India**





UT Jammu and Kashmir has a great tourism potential. Everyone around the globe knows about Kashmir because of

a double header, it has the natural beauty in mountainous areas of Rajouri. Poonch, Bhaderwah, Doda and Kishtwar, a sumptuous embarrassment of riches in plains as far as religious tourism goes and of course the Suryaputri (Tawi in local parlance). No doubt that the best plans have been laid for developing tourism in Jammu but what is lacking is the speed of completing the same!

As far as religious tourism goes, development is a continuous process. Almost all the well known religious

What people visiting a particular place want is something fresh and new that they can see which they never saw before! Now for example, the Tawi project that includes the artificial lake that is going to be a huge attraction for the travelers! Obviously many props would come in later but the process has begun! Then there are many wildlife sanctuaries in many places! The names of the places I have mentioned above! Manda and Nadini wildlife parks are being developed no doubt but if the

world Jammu happens to be one of them! Another one is in a place Aarnia where birds land up from all over the globe! Bang on the border but still a place where the tourism potential is huge! If Hokersar in Kashmir is the favorite haunt of migratory birds but then so is Arnia! This could become a loveable place for the ornithologists!

Tourist destinations like Patnitop, Sannasar, Surinsar, Sudh Mahadev, Mantalai are well known. But there are a plethora of more that can be explored

Development of tourism, great projects have been plotted/planned but what is required is speedy implementation!

the region's majestic, pristine and splendid natural beauty. And since down the ages it was just Kashmir and Kashmir (naturally because the gifts of nature were immense there), then added on were the gardens, animal habitats, developing the wetlands, the winter sports, water sports so and so forth! Jammu has places have new things to show and give to the pilgrims/ visitors! But if other avenues too are placed on the same grid, three things will definitely happen, one revenue generation, second more employment eventualities will open and three Jammu too would be on the tourist map of the globe!

same could happen with an increased velocity then things will definitely move in the right direction. People love to see animals!

Today this is what the family on travel discuss before moving out of their homes, travel makes one modest. You see what a tiny place you occupy in the because they have the potential to attract the tourists! No one can ever think of anything that excites a greater sense of childlike wonder than to be in a place where you are ignorant of almost everything! Jammu has a huge castle full of tourism gems! They just have to be reconnoitered!

family on travel discuss before moving out of their homes. travel makes one modest. You see what a tiny place you occupy in the world Jammu happens to be one of them! Another one is in a place Aarnia where birds land up from all over the globe! Bang on the border but still a place where the tourism potential is huge! If Hokersar in Kashmir is the favorite haunt of migratory birds but then so is Arnia! This could

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Today this is what the

India elected to three key UN **ECOSOC** subsidiary bodies

HT News Network

New Delhi/New York, Apr 6 (UNI) India was elected by the UN Eco-

19TH HEADLINES

[ODA]

demography is immense and will be a value addition to the functioning of the Statistical Commission, a statement said. The Commission on Nar-



nomic and Social Council (ECOSOC) on three important subsidiary bodies -- as a member of the UN Statistical Commission, the Commission on Narcotic Drugs and the Programme Coordinating Board of the Joint UN Programme on HIV/AIDS (UNAIDS).

The Statistical Commission is the highest body dealing with international statistical activities and is responsible for standards setting in the field of statistics. India was a member of the Statistical Commission last in 2004. Thus, India is returning to the Statistical Commission after a gap of two decades. The experience of India in the field of official statistics especially with regard to its diversity and cotic Drugs supervises the application of international drug control treaties. while the Programme Coordinating Board of UNAIDS supports and provides strategic direction for an international response to HIV/AIDS.

The overwhelming support received by India in Wednesday's elections reflects the trust reposed by the international community on India's expertise in these bodies.Guided by the philosophy of 'Vasudhaiva Kutumbakam' or 'The World is One Family', India will strive to make its due contributions in these and other organs, in the spirit of advancing multilateral solutions to global challenges, it said.EAM S Jaishankar had conveyed

his congratulations to the Indian team in the UN for getting elected to the UN Statistical Commission.

"India elected to the highest UN statistical body for a 4-year term beginning on 1 January 2024!

"Congrats Team @IndiaUNNewYork for coming through so strongly in a competitive election.

"India's expertise in the field of statistics, diversity & demography has earned it a seat on the UN Statistical Commission," he said in a tweet.

India had won handsomely in the UN Statistical Commission election, securing 46 out of 53 votes, leaving rivals ROK (23) China (19) and UAE (15) far behind.

It was a multi-cornered election. with four candidates for just two seats. The Commission on Narcotic Drugs supervises the application of international drug control treaties, while the Programme Coordinating Board of UNAIDS supports and provides strategic direction for an international response to HIV/AIDS.

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Budget Of ₹ 50 Lakh Crore Passed In 12 **Minutes": Opposition Slams Centre**

@headlinestodaydaily f @headlinestoday @headlinestodaynews

HT News Network

New Delhi: Congress president Mallikarjun Kharge today accused the Narendra Modigovernment of not walking the talk on democratic principles and causing disruptions in Parliament to divert attention from the Opposition's demand for a Joint Parliamentary Committee probe into the Adani issue.

Addressing a joint press conference of opposition leaders at the Constitution Club after a "Tiranga March" from Parliament House to Vijay Chowk, he said the government's intention was to get the Budget Session washed out.

He said the government talks a lot about democracy, but it does not follow what it says, and asserted that the Opposition was unitedly fighting for democracy and the Constitution.

"The budget of 50-lakh crore was passed in just 12 minutes, but they (BJP) always allege that the opposition parties have no interest and they keep disturbing the House," Mr Kharge said.

"The disturbance was created by the ruling party. Whenever we made a demand, we were not allowed to speak. This has happened for the first time in my public life of 52 years and never has such a thing happened earlier," he said. The government's "inten-

tion was to get the Budget

HT - NA ONAL

Session washed out and we condemn this attitude", the Congress chief said and added that "if this continues, democracy will be finished and we will move towards dictatorship".He said the issues raised by 18 to 19 opposition parties was on the Adani matter and how his wealth increased to 12 lakh crore in just a period of 2 to 2.5 years."Why are you fearing from constituting a joint parliamentary committee probe even

when the BJP will have its

say as it will have majority

members...Something is fishy, that is why the government is not agreeing to order a JPC probe into the Adani issue." Mr Kharge said.He said the government did not answer on the Adani issue in Parliament and instead diverted attention by demanding Congress leader Rahul Gandhi's apology over his remarks in the UK. The demand for the JPC probe was made to ensure transparency in the Adani case as MPs of opposition parties would have got an opportunity to inspect the documents related to the issue, the Congress chief said.He also raised the issue of Gandhi's disqualification as member of Lok Sabha,

Thursday 6th April, 2023

speed", a BJP MP convicted and given a three-year sentence was not disqualified even after 16 days The government's "intention was to get the Budget Session washed out and we condemn this attitude", the Congress chief said and added that "if this continues, democracy will be finished and we will move towards dictatorship".

He said the issues raised by 18 to 19 opposition parties was on the Adani matter and how his wealth increased to 12 lakh crore in just a period of 2 to 2.5 years."Why are you fearing from constituting a joint parliamentary committee probe even when the BJP will have its say as it will have majority members.

Budget session of Parliament ends

■ HT News Network

New Delhi, Apr 06 (UNI) The second leg of the budget session of parliament ended on Thursday, as Rajya Sabha adjourns sine die, amid protests and slogans demanding a JPC probe into the Adani issue.

The Budget Session, which began on March 13, was

scheduled to end on April 6. The Upper House was adjourned sine die post-lunch,

after a point of order was raised by DMK MP Tiruchi Siva and Vice President Jagdeep Dhankhar addressed

In his address, the Chairman of the House said that the productivity of the House was only 6.4 per cent in the second leg of the Budget session.

Dhankhar also extended the suspension of INC MP Raiani Ashokrao Patil till the Privileges Committee submit its report on the matter. Patil was suspended

EAM Jaishankar, Portugal FM hold talks

■ HT News Network

New Delhi, Apr 6 (UNI) External Affairs Minister S Jaishankar on Thursday held telephonic talks with his Portugal counterpart Joao Cravinho during which they discussed bilateral and multilateral issues.

In a tweet, the EAM said:

"Good to talk to FM @JoaoCravinho of Portugal. "Our discussions covered bilateral and multilateral

The Portuguese FM in a tweet, reposting EAM Jaishan-

kar's tweet, said: "Always a pleasure to discuss with @DrSJaishankar, and

always plenty to talk about."

Local bodies are axis of change being witnessed in UP: Yogi

HT News Network

Lucknow, Apr 6 (UNI) Chief Minister Yogi Adityanath on Thursday said that Uttar Pradesh is the state with the most municipal bodies in the country and these bodies have become the axis of the positive change being witnessed in the state for the last six years.

While inaugurating and laying the foundation stone of over 2,042 development projects worth Rs 8,754 crores in Lucknow, the CM said, "There are 762 municipal bodies in the state with a population of about seven crores. The municipal bodies with more than 4.32 crore voters will go to polls in near future."

He said, "Historic work has been done in the last six years to improve lives of people under 'Ease of Living' and it will continue on a war footing in future also. Our urban bodies have become the axis of this state's trans-

On the occasion, the CM also launched numerous books including books related to State's urban digital mission, Progress of Swachh Bharat Mission, Govansh Protection and a Manual to protect dogs among others. He also flagged off tempo tripper vehicles and handed over keys of houses to beneficiaries of the Pradhan Mantri Awas Yojna (Urban) scheme.

Deputy Chief Minister Brajesh Pathak, Energy and Urban Development Minister AK Sharma and Minister of State Urban Development Rakesh Rathore 'Guru' were present on the occasion.

Hindu temple in Windsor, Canada, defaced with anti-India graffiti

HT News Network

New Delhi/Toronto, Apr 6 (UNI) A Hindu temple was defaced with anti-India and anti-Modi graffiti in Windsor in Ontario, Canada, by suspected pro-Khalistani supporters. The local police said they are investigating the incident as a "hate-motivated incident".

The Windsor Police released CCTV footage showing two suspects attired in black spray painting on the wall of the BAPS Shri Swaminarayan temple.

This is the second such incident in Canada in four months.

The Windsor police, in a statement said: "On April 5, 2023, officers were dispatched to a Hindu temple in the 1700 block of Northway Avenue following a report of hate-motivated vandalism. Officers discovered anti-Hindu and anti-India graffiti sprayed in black on an exterior wall of the

Through investigation, officers obtained a video that shows two suspects in the area just after 12 a.m. In the video, one suspect appears to commit the vandalism on the wall of the building while the other keeps



It asked residents in the immediate vicinity of the temple to check their home surveillance or dashcam video footage for evidence of the suspects.

On March 26, India had summoned the High Commissioner of Canada to convey its strong protest regarding the actions of pro-Khalistani separatist and extremist elements against the Indian High Commission and Consulates in Canada.

The Ministry of External Affairs in a statement said that it sought an explanation from the Canadian High Commissioner on how the Khalistani elements were allowed to breach the security of the Indian diplomatic mission and consulates despite the presence of police.

The Canadian government was asked to arrest and prosecute the persons who had been identified as involved in the incidents.

Covid-19: India logs 5,335 fresh cases, 13 more deaths

saying while he was dis-

qualified at "lightning

HT News Network

New Delhi, Apr 06 (UNI) India recorded a single-day jump of 5,335 fresh cases of Covid-19 during the last 24 hours, taking the active caseload to 25,587, as per the latest update by the Ministry of Health and Family Welfare on Thursday.

The single day spike in Covid-19 cases have crossed 5,000 for the first time since September, 2022.

The death toll has risen to 5,30,929 with the addition of 13 more fatalities. Two deaths each were reported from Karnataka and Maharashtra, one each from Kerala and Punjab, and seven reconciled by Kerala.

As many as 2,826 patients recovered from the disease during the past 24 hours. The total number of people who have recuperated from the disease stand at 4.41 crore (4,41,82,538).

The daily positivity rate was recorded at 3.32 percent while the weekly positivity was pegged at 2.89 per cent.

The Ministry said, 1,993 Covid vaccine doses were administered during the last 24 hours under the nationwide vaccination



220.66 cr Total Vaccine doses (95.21 cr Second Dose and 22.87 cr Precaution Dose) have been administered so far under Nationwide Vaccination Drive, said the Ministry.

Meanwhile, 92.23 cr Total Tests have been conducted so far; 1,60,742 tests were conducted in the last 24 hours as per Ministry data.

Meanwhile, Delhi's Covid-19 positivity rate breached the 25 per cent mark on Wednesday as the city recorded 509 fresh cases in a single day. The positivity rate stood at 26.54 per cent, the highest in nearly 15 months.

Not waiting for their views or validation: India hits back at US, Germany for comments

HT News Network

New Delhi, Apr 6 (UNI) India on Thursday hit back at foreign governments, including Germany, for commenting on its internal affairs, and said New Delhi is "not waiting for their views or validation" and "nor do such comments matter" for the functioning of the Indian systems and institutions.

Ministry of External Affairs spokesperson Arindam Bagchi, asked to comment on ex US President Donald Trump's indictment by a court, said:

"We have noted the developments that happened earlier this week. This is a matter for the US institutions and systems to address.

"But since you raised this issue, let me make here a larger com-

to time by foreign governments, on developments in India. Germany is a recent example.

"I'm not sure what they seek to achieve by such comments.

such comments matter for the functioning of the Indian systems and institutions.

"So, I thought I would add that to a general comment."

The spokesperson's statement comes in the wake of the US and Germany commenting on Congress leader Rahul Gandhi's sentencing by a court and his subsequent disqualification as MP

over the "Modi" surname case. The US had last month said it is watching Rahul Gandhi's case and that it engages with the Indian government on the commitment to democratic values

and freedom of expression. US State Department Principal Deputy Spokesperson Vedant Patel, answering a question on Rahul Gandhi at a media briefing in Washington, said:

"Respect for the rule of law "We see comments from time and judicial independence is a cornerstone of any democracy, and we're watching Mr. Gandhi's case in Indian courts, and we engage with the Government of India on our shared commitment

Certainly, India is not waiting for to democratic values – including, their views or validation. Nor do of course, freedom of expression." fundamental democratic printiples will equally apply to the pening." it happens. But I can see it happens. But I can see it happens.



Germany's Foreign Ministry proceedings against Rahul Ganspokesperson, in reference to the case, said similarly:

first instance against Indian opposition politician Rahul Gandhi as well as the suspension of

his parliamentary mandate. "To our knowledge Mr Gandhi is in a position to appeal the verand whether the suspension of his mandate has any basis.

"We expect that the standards of judicial independence and

External Affairs Minister S "We have taken note of the Jaishankar had in answer to a question on the issue of foreign governments commenting on Indian affairs, said last week:

"The West has a bad habit for a long time of commenting on other people. They somehow dict, it will then become clear think it's some kind of God-givwhether the verdict will stand en right. And I think they will have to learn only by experience that if you keep doing this other people will also start commenting, and they will not like it when

Jaishankar also said that Rahul Gandhi's disqualification happened as he refused to express regret on the disparaging remarks he made against a community at a public meeting four years ago. "The law is the law, unless somebody thinks that the law is not for them," the EAM

The MEA spokesperson asked to comment on what the EAM

had said, replied: "As regards EAM's comments I don't think anybody needs to interpret them; they stand on their own. I don't have anything to add to it. If there are violations of our laws and regulations, there are agencies working on that and I don't think this is a foreign policy issue as such. EAM has already made his position quite

On March 23, Rahul Gandhi was sentenced to two years in jail by a Surat court in a 2019 criminal defamation case over his comment that "all thieves have the Modi surname".



More than 350 arrests in Jerusalem's Al-Aqsa compound: Israel police

HT News Network

HEADLINES

TODAS

Make we what is a

Israeli police arrested more than 350 people during the early hours of Wednesday after clashes at Jerusalem's flashpoint Al-Aqsa mosque, a police spokesperson

In a statement, police said they had "arrested and removed over 350 individuals that violently barricaded" themselves inside the mosque in the Old City of annexed east Jerusalem.

Those arrested included "masked individuals, stone and firework hurlers/throwers, and individuals suspected of desecrating the mosque," it said.

Israeli police attacked dozens of worshippers in the mosque's compound before dawn in the wee hours of the day in what Israeli police said was a response to rioting.

The incident sparked protests across the occupied West Bank and the Israeli military claimed nine rockets were fired from Gaza toward Israel after sirens blared in southern towns

Violence in the occupied West Bank and Jerusalem has surged over the past year and there is concern that tensions could escalate this month, as the holy month



ism's Passover and Christian Eas-

The Palestinian Red Crescent said seven Palestinians sustained wounds from rubber-tipped bullets and beatings by the Israeli police at the Al-Aqsa Mosque compound. It added that Israeli forces were preventing its medics from reaching the mosque.

"I was sitting on a chair reciting

of Ramazan coincides with Juda- [Holy Quran]," an elderly woman told Reuters outside the mosque, struggling to catch her breath. "They hurled stun grenades, one of them hit my chest," she said as

she began to cry. People clean inside the Al-Agsa compound, also known to Jews as the Temple Mount, while tension arises as Israeli forces clash with Palestinians in Jerusalem's Old City on Wednesday (April). Reuters

Israeli police said in a statement that it was forced to enter the compound after masked agitators locked themselves inside the mosque with fireworks, sticks and

"When the police entered, stones were thrown at them and fireworks were fired from inside the mosque by a large group of agitators," the statement said,

adding that a police officer was wounded in the leg.

Friction at the Al-Aqsa Mosque compound, known to Jews as the Temple Mount, has set off violence in recent years.

Palestinian groups condemned Israel's attacks on worshippers, which they described as a crime.

"We warn the occupation against crossing red lines at holy sites, which will lead to a big explosion," said Nabil Abu Rudeineh, spokesperson for Palestinian President Mahmoud Abbas.

Jordan and Egypt, both involved in recent US-backed efforts to de-escalate tensions between Israel and the Palestinians, issued separate statements condemning the incident.

Videos circulating on social media, which Reuters could not immediately verify, showed fireworks going off and police beating people inside the mosque.

The Israeli military said nine rockets were fired from Gaza toward Israel, of which at least four were intercepted and four landed in open areas.

Pakistan criticises Israeli police

Prime Minister Shehbaz Sharif strongly condemned the brutal attack of the Israeli forces on the

440 migrants rescued from boat off Malta

HT News Network

ROME: More than 400 migrants have been rescued from a boat off Malta after an 11-hour operation, Doctors Without Borders (MSF) said on Wednesday after its ship responded to a distress alert.

While heading to shelter in the Mediterranean due to bad weather, MSF's rescue ship the Geo Barents received the distress signal, the charity tweeted. The Geo Barents finally reached the boat on Tuesday "after more than 10 hours of navigation in a stormy sea",

 $\hbox{``Unfortunately, the weather did not allow our team'}\\$ to directly perform the rescue, which could have endangered the lives of the people and those of the MSF team," it said. But by early afternoon, the Geo Barents was able to launch its speed boats to the vessel, MSF tweeted along with photos showing the deck of the blue and white boat packed with people wearing life jackets.

"After more than 11 hours of operation, the rescue is now over and a total of 440 people, including 8 women and 30 children, are now safely aboard Geo-Barents and being cared for by the team," the charity

Sri Lanka to finalize negotiations with creditors before 1st review of IMFassisted program

■ HT News Network

Colombo, Apr 6 (UNI) Governor of the Central Bank of Sri Lanka Nandalal Weerasinghe on Wednesday said the country could finalize negotiations with both bilateral and commercial creditors in advance of the first review of the IMF-assisted program, which is scheduled to take place in six months.

Addressing a meeting Wednesday night, Weerasinghe said after nearly a year of discussion, Sri Lankan authorities secured a lifeline of approximately 3 billion U.S. dollars from the International Monetary Fund on the condition that they will stay on course with reforms over the next four years.

Sri Lanka has received the first tranche of about 330 million dollars from the IMF, and this has not only eased liquidity conditions in the domestic foreign currency market, but also restored confidence among investors and other creditors, he said.

However, if Sri Lanka fails to remember the reason for obtaining the IMF Extended Fund Facility and reverts to the actions that lead to fiscal imbalances, it will not have another opportunity to correct its mistakes, he added.

Finland's accession to NATO poses national security threat to Russia: Kremlin

HT News Network

Moscow, Apr 6 (UNI) Russia views Finland's accession to the North Atlantic Treaty Organization (NATO)as an additional threat to Russia's national security, local media reported Wednesday, citing Kremlin Spokesman Dmitry Peskov.

Finland's membership does not contribute to strengthening stability and security on the European continent, Peskov noted, adding that it "obliges us to take necessary measures to rebalance the entire security system."

He pointed out that it is premature to discuss countermeasures and that Russia would do everything to ensure its security.

Finland formally became the 31st NATO member on Tuesday. At a ceremony dedicated to the occasion, Finland's President Sauli Niinisto said that "the era of military non-alignment" in the country's history has

Putin says Russia-U.S. ties in "deep crisis"

■ HT News Network

Moscow, Apr 6 (UNI) Relations between Russia and the United States are experiencing "a deep crisis," Russian President Vladimir Putin said Wednesday.

Putin commented on the state of Russia-U.S. relations during a ceremony where the president received letters of credence from 17 newly-appointed ambassadors of foreign states."Relations between Russia and the United States... are going through a deep crisis, the president said, adding that this crisis was rooted in "fundamentally different approaches to the formation of the modern world order."Putin noted that global security strongly depends on the relations between both countries, and that the United States is ultimately responsible for both the Ukrainian crisis and the deterioration of bilateral ties with Russia. Putin said that Russia stands in favor of building relations with the United States if these are based on the principles of equality, respect for sovereignty, and noninterference in each other's internal affairs.

The Russian president further commented on Russia's strained relations with the European Union (EU).

He said that the EU no longer aimed to develop economic cooperation and promote integration on the European continent, but was currently focused on "initiating a geopolitical confrontation with Russia."

Putin expressed the hope that it would ultimately be possible to build relations with the EU, and that "the logic of mutual cooperation" would prevail.

When in Beijing — Macron warns against shunning China

■ HT News Network

BEIJING: French President Emmanuel Macron said Europe must resist reducing trade and diplomatic ties with China as he began a state visit on Wednesday, seeking to refute any sense there was an "inescapable spiral" of tension between Beijing and

Macron said maintaining dialogue with China was key given its close relations with Russia, which is waging a war in Ukraine. Asked about Western concerns Beijing might be considering sending arms to Moscow, Macron said any nation that did so would be complicit in a breach of international law.

"China's interest isn't to have a lasting war," Macron said.

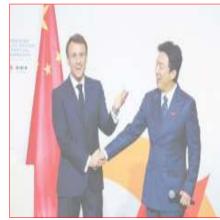
On his first trip to China since 2019, Macron spoke to U.S. President Joe Biden before the visit about engaging Chinese President Xi Jinping to hasten the end of the Ukraine war, though Washington is

sceptical toward Beijing's peace plan. "We hear increasingly loud voices expressing a strong concern about the future of relations between the West and China that in some form lead to the conclusion that there is an inescapable spiral of mounting tensions," Macron told reporters

There is also an impression that decoupling from the Chinese economy is already underway and that the only remaining question is over pace and intensity, he added.

at the French Embassy in Beijing.

"I do not believe, in any case I do not want to believe, in this scenario." Macron arrived ahead of Ursula von der Leyen, who will join the French leader on her first visit to



China since becoming European Commission president more than three years ago. Last week she said the EU must "de-risk"

ties with Beijing, including limiting Chinese access to sensitive technology and reducing reliance on China for key inputs.

Europe's relations with China have soured in recent years first due to a stalled investment pactin 2021 and then Beijing's refusal to condemn Russia over its invasion of Ukraine

De-risking did not mean severing trade ties with China, Macron later told report-

There is no contradiction in reducing Europe's dependence on China in strategic sectors such as telecoms and increasing business links in other areas, Macron added. Europe's relations with China have soured in recent years first due to a stalled investment pact in 2021 and then Beijing's refusal to condemn Russia over its invasion of Ukraine

De-risking did not mean severing trade ties with China, Macron later told report-

Trump, facing criminal charges, calls for defunding the FBI

HT News Network

Former US president Donald Trump on Wednesday called on his fellow Republicans in Congress to slash funding for the US $Justice\,Department\,and\,the\,Federal\,Bureau$ of Investigation (FBI), going on the offensive a day after pleading not guilty in New York to 34 felony counts of falsifying business

Trump, who is seeking to regain the presidency in 2024, took aim at federal law enforcement authorities even though the historic criminal charges against him — the first brought against any former or sitting president – were pursued by the Manhattan district attorney.

"REPUBLICANS IN CONGRESS SHOULD DEFUND THE DOJ AND FBI UNTIL THEY COMETO THEIR SENSES," Trump wrote on his social media platform. DOJ stands for

the Department of Justice. Republicans in the past have supported robust funding for law enforcement and have criticised proposals from some on the left in recent years to "defund" local police

Trump, who served as president from 2017 to 2021, backed spending increases for the Justice Department and FBI while in office. The FBI is the US domestic intelligence and security agency.

Trump faces two Justice Department criminal investigations led by a special counsel appointed by US Attorney General Merrick Garland. One focuses on efforts by Trump and his allies to overturn the results of the 2020 election that he lost to Democratic President Joe Biden and the other focuses on classified documents that Trump retained after leaving office.



Trump himself appointed the current FBI director, Christopher Wray, after firing the agency's previous chief, James Comey,

Congress appears unlikely to follow through on Trump's demand.

Republicans control the House of Representatives and Democrats control the

The FBI on Wednesday declined to comment on Trump's remarks.

Reduced funding for federal law enforcement also would not affect another criminal investigation involving Trump led by a county prosecutor in Georgia, focusing on whether he unlawfully sought to overturn his 2020 election loss in that state.

The office of Alvin Bragg, the Manhattan district attorney, charged Trump on Tuesday with 34 felony counts of falsifying business records over allegations that he orchestrated payments to two women before the 2016 election to suppress publication of their sexual encounters with

Prosecutors said the payments to adult film actress Stormy Daniels and former Playboy model Karen McDougal constituted an attempt to conceal a violation of election law.

Top Iranian, Saudi envoys meet in China, discuss diplomatic ties

HT News Network

The foreign ministers of Iran and Saudi Arabia met in Beijing on Thursday for the first formal meeting of their top diplomats in more than seven years, after China brokered a deal to restore ties between the regional rivals.

After years of hostility that fuelled conflicts across the Middle East, Iran and Saudi Arabia agreed to end their diplomatic rift and reopen embassies in a major deal facilitated by China last

In brief footage broadcast on Iranian state TV, Prince Faisal bin Farhan Al Saud and his Iranian counterpart,



Hossein Amirabdollahian, greeted each other before sitting down side by side.

The two countries said in a joint statement they would launch arrangements to reopen embassies and consulates within the two-month period stipulated in the deal last month. "The technical teams will

continue coordination to examine the ways of expanding cooperation including the resumption of flights and bilateral visits of official and private sector delegations and facilitating

the granting of visas for the citizens of the two countries," they said.

In March, China's President Xi Jinping helped broker a surprise deal between regional rivals Tehran and Riyadh to end a seven-year rift and restore diplomatic ties — a display of China's growing influence in the

In March, Xi spoke by phone with Saudi Crown Prince Mohammed bin Salman Al Saud about several issues.

Iranian Foreign Minister Amirabdollahian said the Thursday meeting with his Saudi counterpart was "good and forward-looking", according to Iranian

Dubai-based company to set up Biotech Park in Tripura

HT News Network

Agartala, April 6 (UNI) The Science 20 Conference of G 20 held at Agartala bears fruit as the pioneer of Biotech Park in Dubai has expressed its interest to set up the first specialized Bio-technology Park of Northeast in Tripura for catering to its clients across South Asian countries. On the side-line of G 20 summit, the Chairman and Managing Director of Epygen Biotech Pvt Limited, an Indian-origin scientist-industrialist who hails from Tripura, Debayan Ghosh, held a detailed discussion with Chief Minister Dr Manik Saha with a proposal to invest Rs 100 Cr in phases for creating facilities for Biotech companies including manufacturing units of industrial and pharmaceutical products in the state."The meeting was fruitful and Chief Minister has assured me all support for the venture," Ghosh said. He pointed out that they are exporting patented bio-enzymes for Oil & Gas exploration companies in Bangladesh, Indonesia, Vietnam, and several Eastern European countries from Dubai, which the company intends to shift to Tripura to harness the benefit of Maitri Sethu over River Feni to connect Chittagong seaport within 100 kilometres distance. In the healthcare area, our company has set up a state-of-the-art Biopharma plant.

Training on Holistic Agriculture Development Plan to commence in Ganderbal

Reyaz Badana

GANDERBAL, APRIL 06: In order to take stock of the availability of facilities for smooth conduct of trainings on Holistic Agriculture Development Plan at panchayat level, a meeting of the officers of agriculture and allied departments was held today at Govt College for Physical Education, Gadoora wherein all the Sarpanchs of all Panchayats of district Ganderbal were taken on board.

LATHERADLINES

The meeting was convened by District Sheep Husbandry Officer, Ganderbal/District Nodal Officer, Farmers Orientation under HADP, Dr. Syed Mohammad Haider and the partici-

pating officers included Chief Horticulture Officer, Ganderbal, Abdul Hamid Bhat; Chief Animal Husbandry Officer, Ganderbal, Dr. Roohi Badakshi; Assistant Director Fisheries, Ganderbal, Dr. Salman Rauoof Chalkoo and District Agriculture Officer Ganderbal Faroog Ahmad Bhat among others.

The meeting started with a welcome note, wherein a presentation on the scope and importance of the Holistic Agriculture Development was deliberated upon by Dr. Nousheen Qadri, TO to DSHO Ganderbal.

The participating PRI members were sensitized about the project and their role in the successful implementation of the same. The venues for the



farmers Orientation which will commence from 24th of April 2023 were discussed in length and breadth with the participating PRIs.

The PRIs expressed gratitude and ensured to extend their full cooperation in successful implementation of the trainings. : In order to take stock of the availability of facilities for smooth conduct of trainings on Holistic Agriculture Development Plan at panchayat level, a meeting of the officers of agriculture and allied departments was held today at Govt College for Physical Education, Gadoora wherein all the Sarpanchs of all Panchayats of district Ganderbal were taken on board.

The meeting was convened by District Sheep Husbandry Officer, Ganderbal/District Nodal Officer, Farmers Orientation under HADP, Dr. Syed Mohammad Haider and the participating officers included Chief Horticulture Officer, Ganderbal, Abdul Hamid Bhat; Chief Animal Husbandry Officer, Ganderbal, Dr. Roohi Badakshi; Assistant Director Fisheries, Ganderbal, Dr. Salman Rauoof Chalkoo and District Agriculture Officer Ganderbal Farooq Ahmad Bhat among others.

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DC Udhampur discusses Baisakhi Mela arrangements

HT News Network

UDHAMPUR, APRIL 06: Deputy Commissioner, Krittika Jyotsna chaired a meeting with district officers and prominent citizens to discuss arrangements for the 3-day historic Devika Baisakhi Mela.

Discussions were held on security, safe drinking water, power supply, firstaid and sanitation. District heads were directed to ensure fool-proof arrangements before the start of the mela.

Executive Engineer of Public Health Engineering (PHE) would ensure drinking water arrangements while Chief Executive Officer (CEO) of Municipality would ensure proper cleansing of the site.

Chief Medical Officer (CMO) was asked to depute a team of doctors during mela days. Executive Engineer of Power Development Department (PDD) would ensure uninterrupted power supply and the police department would ensure adequate security arrangements at the mela site.

The DC directed all district officers to work in coordination for finalising necessary arrangements and asked officers to install different departmental stalls in the mela.

Senior Superintendent of Police, Vinod Kumar; Additional Deputy Commissioner, Joginder Singh Jasrotia and other district officers were present in the meeting.mean while Deputy Commissioner, Krittika Jyotsna conducted an



extensive tour of Ghordi block to monitor the status and progress of ongoing developmental works being executed by different sectors in the district. During the tour, she inspected various roads under Pradhan Mantri Gram Sadak Yojana (PMGSY) and Public

Works Department (PWD), including the upgradation of Udhampur Ghordi and Khubani to Tarmara, Nagrota Panjgrain to Chanunta

The DC interacted with elected members of Panchayati Raj Institutions (PRIs) and listened to their

issues and demands. She directed executing agencies to expedite the pace of progress and ensure timely completion. She asked the executing agency to gear up men and machinery and complete the ongoing works within the stipu-

Jyotsana also stressed on early completion and maintenance of these roads while keeping quality as a top priority.

During her visit to Government Higher Secondary School Ghordi, she inaugurated CCTV cameras and inspected Salmay bridge. She added that the installation of CCTV cameras in classrooms would work for the safety of students, prevent theft incidents, help curb drug menace etc. District Development Council (DDC) member Rakesh Chander Sharma had given grants for the installation of CCTV cameras.

Block Development Council (BDC) Chairman Ghordi, Aarti Sharma; DDC member, Rakesh Chander Sharma and other officers besides PRI members.

Training on Special Summary Revision held at Shopian

HT News Network



SHOPIAN, MARCH, 06: A day long Training Programme on Special Summary Revision 2023 of electoral rolls presided over by ERO-36 (SDM) Zainapora was held at CFC Zainapora.

The programme was attended by all ERO's (Tehsildars), BLO Supervisers & BLO's of 36 Zainapora Assembly Constituency. Concerned ICDS Supervisors & Asha Coordinator Shopian also participated in the meeting.

ERO-36 (SDM Zainapora) directed the participants to carry out the special revision exercise in close coordination and as a team as per latest guidelines of ECI. Besides, he said observations, lacunae which were found in the previous revision must also be rectified.

Progress report from all BLO's regarding addition, deletion and transposition etc shall reach ERO office on daily basis before 03:00 p.m, he directed.

Similar Programme was held at Mini Secretariat which was Chaired by ERO-37 (ACR), Shopian, Shahbaz Ahmed

On this occasion, ACR explained about the process of prescribed forms under ongoing Special Summary

Prof. Kleidon from Max Planck Institute, Germany delivered a lecture at IUST.

HT News Network

Awantipora, April 6. Prof. PD Axel Kleidon from Max Planck Institute for Biogeochemistry, Jena, Germany delivered a lecture on "Working at the limit: How thermodynamics shapes the earth system" at Islamic University of Science and Technology today. The session was presided over by Prof. Shakil A Romshoo, Vice Chancellor IUST and was attended by deans, directors, faculty, scholars and students.

In his lecture, Prof. Kleidon discussed the applications of thermodynamics to different processes of earth systems such as hydrological cycle, climate change, photosynthesis, energy conversion etc. He also discussed how entropy sets fundamental directions, limits and constrains the work needed to sustain dissipative dynamics such as climate, life, human societies etc.

Abheek Barua. Chief Economist, HDFC Bank reacts over RBI Monetary Policy

Srinagar, Apr 6, KNT: While reacting to the RBI Monetary Policy, Abheek Barua, Chief Economist, HDFC Bank said that the RBI successfully delivered a hawkish pause in



todays' policy announcement keeping the policy rate unchanged at 6.5% while keeping the door open for further rate action. The central bank kept its stance unchanged at "withdrawal of accommodation", justifying it by still looming inflationary risks. Growth was surprisingly revised upwards to 6.5% for FY24 while inflation forecast for Q4 FY24 was revised down – most likely on account of base effects. "We expect that growth could be lower at 6% this fiscal while there are upside risks to the RBI's inflation forecast, especially given the impending risks around oil prices and the performance of monsoons,: he said.

Going forward, the RBI could go for "the higher for longer" narrative – staying on an extended pause in FY24 while tightening liquidity conditions. Therefore, shortterm rates could remain under pressure over the coming months. For the 10-year yield, we could see some pressure return once the government's borrowing program kicks in and a range of 7.20-7.30% is likely in the first

Public outreach programme held at Pulwama.

HT News Network



PULWAMA APRIL 06: Following the Directions of Deputy Commissioner Pulwama Baseer-Ul-Haq Choudhary, Additional Deputy Commissioner Awantipora Zaffar Ahmad Shawl presided over a public outreach programme at Larkipora, Padgampora of Pulwama to address public demands and grievances.

The programme witnessed participation of a large number of individuals and deputations who projected their demands and appraised the ADC about the problems being faced by the inhabitants of the area.

On the occasion locals sought early resolution of their issues which included reparation of mechanical failure of water filtration plant and its restoration, extension of road connectivity, blacktopping of interior roads by R&B, installation of new transformer at Larkipora-A, installation of drought irrigation pump, land for playground, electric poles and improvement of HT/LT line, upgradation health education infrastructure.

DLSA Kupwara holds interactive Session with working journalists of Kupwara

HT News Network

KUPWARA, APRIL 6: District Legal Services Authority (DLSA)Kupwara held an interactive session with working journalists of Print and electronic media of Kupwara district on the topic "How can we use Media responsibly" at Conference Hall of ADR center, Court Complex Kupwara today.

Addressing the media persons, the Secretary, DLSA Kupwara, Sub Judge Muzamil Ahmad Wani hailed the role of media in building a strong, democratic and progressive society.

The interactive session was conducted with the media fraternity to seek feedback and suggestions on various issues related to court, crime and indepth reporting(investigative reporting) in a balanced manner.

Addressing the Journalists, Secretary, DLSA observed that media has a positive and constructive role in society and democracy.

Media is forth pillar of democracy after the Executive, the Legislature and the Judiciary which is balancing pillar of the democracy.

" It is first time that Judiciary has invited Journalists to discuss media responsibilities as a need has been felt to request media organisations to



report facts without giving judgements and disclosing the identities of victims" Sub Judge Muzamil Ahmad Wani who is also Secretary DLSA Kupwara said.

Secretary DLSA impressed upon the Journalists to Develop an internal mechanism for the safety and decencv of working lournalists to exclude the pseudo-journalists from the fraternity who defame this profession in the garbe of Journalism. He asked Iournalists not to allow unqualified persons to enter this field.

Secretary DLSA stressed upon Journalists to check and double check your reports and facts as your reports have

great impact and bullet like effect on society.

Highlighting the role of Media persons in using media responsibly, Secretary DLSA, stressed upon journalists to report facts objectively and impartially without giving your own opinions and slants in news stories,

He asked Journalists to spread awareness for the betterment of society, visit courts, do the fallow- up of court cases, and report convictions as justice is the cornerstone of society.

"Reporting facts ,Balancing the news and take both versions, and not revealing identities of victims are the essence of Journalism"

SKUAST Kashmir organized training prog on scientific management of bat willow

HT News Network

SRINAGAR, APRIL 06: One-day training session for stakeholders on the scientific management of bat willow was organized by Division of Forest Products and Utilization, Faculty of Forestry SKUAST Kashmir in collaboration with Department of Industries and Commerce, Government of Jammu and Kashmir under Jhelum Tawi Flood Recovery Project

Around 50 stakeholders from all around Kashmir attended the training workshop including a number of willow growing farmers. Dr. Parvez A. Sofi Professor and Head (FPU)/ Principal Investigator Willow Project briefed the audience about the importance demand and willow propagation.



economic sustainability of Cricket bat Industry in Kashmir.

Dean Faculty of Forestry ProfessorSajadAhmadGangoo informed the farmers about willow market

Dr. Ashfaq Ahmad Mir, Assistant Professor and Co-P.I of the project gave detailed overview of Scientific management of Cricket bat willow in Kashmir for production of quality bat.

In the brainstorming session issues raised by the stakeholders were thoroughly discussed and

Khan, Professor Akhlaq Amin Wani, and Dr. Khursheed Ahmad among other faculty members. Mr. Sajid Nazir, member of pro-

addressed by the experts on the

occasion. The programme was

also attended by Professor P. A.

curement and Mr. Abid Majeed, coordinator finance, both from Department of Industries and Commerce also participated during deliberation.

Dr. Ishrat Saleem JRF (Willow Project) and Mir Muskan un Nisa student facilitator were also present on the occasion.

Dr. Sofi also distributed highquality willow plant material to concerned stakeholders and growers in presence of the Dean Faculty of Forestry and other faculty members.

Last year QPM of willow was also distributed among the growers under the Project.

Later the stakeholders visited the field and were appraised with practical knowledge regarding management of willows.

Side Effects of Excess Green Tea Consumption

efits. Thus, people consume it weakness. without any regulation to reap several benefits. However, do we ever stop to think of whether an excess of green tea consumption might have it's negative effects too?

13TH CHEADLINES

Like any other food and beverage, excess green tea consumption has potential side effects. This article highlights a few of these side effects.

Green tea comes from the leaves and buds of the Camellia sinensis plant. Different varieties of tea belong to the same plant. However, the processing stage differentiates them. Since green tea is one of the least processed types of tea than its other variants, it imparts all the goodness. The preparation of green tea involves unoxidised leaves. Therefore, they contain multiple nutrients which impart health benefits. In addition, green tea contains antioxidants that benefit our health. Anti-oxidants are compounds that prevent injury.

Green tea also contains a potent or complications. antioxidant called EpiGalloCatechin Gallate (EGCG). It helps combat diseases like Alzheimer's, body. However, studies reveal that ness. In addition, folic acid also arthritis, heart disease, cancer, and obesity. But, an age-old proven | breakdown. Instead, they cause | protects you from various disortheory is that consumption of any- the accumulation of caffeine in ders. thing in excess takes away all the your body. It elevates the adrenbenefits and leads to several side effects.

excess consumption of green tea | tions include antibiotics, birth | deformity, a condition by birth. may cause adverse or side effects. It results in multiple health disordrugs. ders and complications. For example, excess green tea consumption of certain antipsychotic drugs like may lead to side effects like anaemia, IBD, liver toxicity, and thyroid issues.

Side Effects of Excess Green

various health benefits, excess green tea consumption leads to complications and adverse effects. Therefore, it is essential to consume | an anticoagulant or anti-blood- | content from your body. it in moderation. In addition, some clotting drug. As a result, it can people should avoid green tea coninitiate bleeding in patients with sumption. For example, pregnant bleeding disorders. and lactating mothers should | 3. Triggers Inflammatory refrain from drinking green tea and products made from its extracts. Furthermore, doctors may advise people with hyperten- | tea if you have IBD. That is because sion to avoid green tea under certain medications.

1. Anaemia

Research proves that anaemia results from iron deficiency. Low iron levels in your blood may cause eases. As a result, it causes inflame exerts a load on the liver and disiron deficiency, reducing haemoglobin. Iron is necessary to synthesise haemoglobin because it is the oxygen-carrying pigment in red blood cells. These cells carry oxygen to other body cells.

Green tea contains a pigment blood, reducing iron content. As a and increases the heart rate. result, it prevents iron absorption,

research talk about its health ben- in breathlessness, fatigue, and

2. Drug Interactions

tis a common belief that green | leading to iron deficiency and | Caffeine also increases urination, | function. It blocks the absorption tea is one of the healthiest reducing your haemoglobin count. resulting in loss of your body fluid. of thyroid hormones. An imbalance drinks. Several studies and Lowhaemoglobin levels may result | It causes dehydration. Blood pres- | in thyroid hormones may result in sure may exert force on your heart | nervousness, confusion, and irriand kidney, resulting in disorders. tability. It also affects the absorp-Blood pressure might also cause | tion of vitamins, causing many | that enhances the acidic environcontractions in the uterus, result- disorders like abnormal weight gain, weight loss, and temperature



your nervous system. The stimulation makes you rejuvenated and oxidative stress to the cells. It. in fresh. However, caffeine interacts content in your body. Folic acid is turn, restricts the radical cell with certain medications. As a vital during pregnancy because it result, it leads to adverse effects

alin levels in your body, which can potentially shoot your blood prescontrol drugs, and anaesthetic

Caffeine also prevents the action the backbone. Clozapine, Metazolam, and Lithium content drugs. As a result, it prevents absorption, resulting in drug accumulation in the blood. As per research, such drug accumulation results in clozapine tox-Although green tea imparts | icity and can also cause lithium | Unfortunately, excessive caffeine toxicity.

feres with the effects of Warfarin, diuretic properties, flushing salt

Bowel Diseases (IBD)

You should avoid drinking green the EGCG binds with iron in your body and restricts the inhibition of an enzyme named myeloperoxidase.

The enzyme triggers inflammation in inflammatory bowel dismation and other symptoms, turbs its smooth functioning. including stomach pain and vom-

4. Harmful During Pregnancy

During pregnancy, excessive green tea consumption may impact dizziness, and palpitations. named epigallocatechin gallate | both the mother and the foetus. It (EGCG), which binds iron in the causes hypertension in mothers

Caffeine and tannins in green tea can also lower the folic acid

prevents anaemia. Low folic acid leads to low hae-Usually, caffeine breaks down | moglobin levels. Furthermore, it | growth of the foetus. and gets eliminated from your causes dizziness and breathlesssome medications prevent their prevents any changes in DNA. It

For example, it prevents newborn abnormalities like spina bifida, a brain disease. As per stud-The latest research shows that sure and heart rate. Such medicalies, spina bifida is a congenital Folic acid also prevents the fusion of a newborn's spinal cord with

5. Low Potassium Levels

Potassium is an essential elebody. For example, potassium impacts nerve function, heart rhythm, and muscle contraction. through green tea lowers potas-VitaminKingreenteaalsointer- sium levels because caffeine has

As a result, it causes a potassium deficiency, which can prove fatal diseases like arthritis and osteoin many ways. For example, it porosis. causes muscles weakness, cramps, altered heartbeat, and even paral-

6. Liver Toxicity

Epigallocatechingallate(EGCG), a pigment in green tea, imparts various health benefits. However, excess concentration makes the liver release enzymes to break down or metabolise caffeine. It

The caffeine content harms the liver cells and results in liver toxicurine discolouration. Symptoms or in surgery. of liver toxicity include headache,

Affects Thyroid Function

A higher concentration of caf-Both the conditions are harmful. | feine and catechins impairs thyroid

sensitivity. In addition, excess caffeine and catechins also affect the absorption of essential minerals. Furthermore, an imbalance in thyroid hormones during pregnancy may impact the

8. Impacts Bone Strength

Flavonoids are essential for bone growth. However, higher doses impact bone growth and density. In addition, the caffeine in green tea might restrict calcium absorption, which results in low calcium further lower your blood pressure levels in the bone. Calcium is the and result in dizziness, lightheadcentral element for bone health.

Calcium deficiency affects bone growth and strength, increasing | 14. May Cause Infertility in the risk of fractures and reducing bone density. Therefore, you should take any tea extract supplements under the supervision of doctors. mentformultiple functions in your It will help you avoid the side

effects. Moreover, the excess flavonoids trigger mutations. Mutations are permanent changes in the DNA or RNA, resulting in diseases or disorders. Flavonoids in green tea also cell injury. They form the basis of inflammatory and degenerative

9. Anxiety and Insomnia

Caffeine in green tea is a nervous system stimulant. Optimal doses lower stress levels and induce sleep. However, excess amounts may trigger sleeplessness and anxiety, resulting in restlessness and irritability.

10. Induces Bleeding

Again, caffeine in green tea has anti-clotting properties. Thus, it prevents clotting and initiates profuse bleeding. You will promiitv. which can cause jaundice and | nently observe this during injury

Warfarin is an anticoagulant drug that prevents stroke and cardiac arrest. Caffeine interferes with green tea is also an anticoagulant.

11. Causes Heartburn

Heartburn is a common symptom of a gastroesophageal disease (GERD), commonly known as aciditv. Green tea contains the ophylline ment in your stomach.

An abnormal acidic environment triggers the food contents to return to the food pipe, resulting in acid reflux or heartburn. As per research, excessive green teaconsumption, smoking, and obesity trigger heartburn.

Excess green tea consumption also induces Asymptomatic Erosive Oesophagitis. It is a worsened stage of heartburn. The frequency of this disorder is higher in people who drink green tea frequently.

12. Stomach Disorders

Caffeine also has laxative properties. It is a gastrointestinal stimulant that enhances the food pipe muscle contractions. That means it facilitates bowel movements. However, excess consumption may induce diarrhoea and abdominal pain.

13. Low Blood Pressure

Caffeine has diuretic properties, which makes your body eliminate salt, sodium and water. In addition, caffeine triggers the urinary bladder to induce the frequency of urination. It also drains water from your blood and reduces the fluid level.

As a result, it lowers your blood pressure. Therefore, people on diuretic medication should be cautious while taking green tea. It may edness, fainting, vomiting, and weakness.

In a 2018 study at the University of California-Irvine, researchers warn that excessive consumption of Green Tea may adversely affect fertility.

That is due to the flavonoids in green tea. However, these flavonoids are beneficial to health. But. an excess causes impaired sperm release free radicals that induce synthesis and sperm motility and decreases testosterone levels.

> Testosterone is the male reproductive hormone. In addition, caffeine impacts the DNA in sperm, affecting sperm viability and impacting reproduction.

15. Impacts Your Teeth

Regular consumption of green tea might cause stains on your teeth. It is because the tannins in green tea may seep into your teeth cells and impart discolouration or

Moreover, the acidic content in coffee might also dissolve the enamel. Therefore, it aggravates tooth discolouration. Staining also causes discolouration of the skin in your mouth.

16. May Cause Headaches

Some individuals might suffer from headaches after consuming its effect. In addition, vitamin K in green tea. That is because it contains caffeine. An excess of caffeine may trigger headaches.

NEWS Catalysing Habit Changes: Nutraceutical approaches to managing stress and anxiety



he 21st century has brought with it a global crisis in mental health. Across the world, millions of people are grappling with stress and anxiety, conditions that can have profound and long-lasting effects on physical and mental wellbeing. According to the World Health Organization, more than 264 million people worldwide suffer from anxiety disorders and allied stress issues. Stress, defined as the body's response to a perceived threat or challenge, is a natural part of life. Anxiety, on the other hand, is a more generalized feeling of unease or apprehension that can arise without a clear cause. Both stress and anxiety are characterized by a range of physiological responses, including increased heart rate, sweating, and muscle tension. However, when these responses become chronic, they can have serious consequences for health, including an increased risk of heart disease, stroke, and other chronic illnesses. Traditional pharmacology has long been the standard approach for managing stress and anxiety, but its side effects can be debilitating. In response, many people are turning to alternative approaches, such as nutraceuticals. Nutraceuticals are food or food-derived supplements that offer health benefits beyond basic nutrition. They have been found to be effective in managing stress and anxiety without the negative side effects of pharmaceuticals. Nutraceuticals are classified into four main groups based on their chemical composition and natural source, including nutrient-based, herb-based, fibre-based, and supplement-basedWith the increasing consumer awareness of the health benefits of natural products and the rising demand for organic options, the nutraceutical market is growing rapidly.

Nutraceuticals can indeed be effective in managing stress and anxiety, making them a promising approach to this global health challenge.

Nutraceutical Approaches to Stress and

Nutraceuticals have emerged as an effective alternative approach to managing stress and anxiety by modulating the body's response to external stimuli. It works by reducing inflammation, improving gut health, and regulating neurotransmitter levels in the brain. One of the most effective nutraceuticals for managing stress and anxiety is omega-3 fatty acids. These can be found in fatty fish, flaxseeds, and walnuts, and have been shown to reduce inflammation in the body and improve brain function, ultimately reducing symptoms of stress and anxiety. Probiotics, found in fermented foods such as yogurt and kefir, can improve gut health, which has been linked to improved mood and reduced anxiety.

Adaptogens, such as ashwagandha and Rhodiola, are also helpful in managing stress by regulating cortisol levels and helping the body cope with stress. Due to the presence of steroidal with anolides present in the root of the ashwagandha plant, it exhibits immunomodulatory, anti-inflammatory, and most importantly, adaptogenic properties. This plant provides potent nutritional support to both the mind $and the body, mitigating the harmful \, effects \, of \, stress$ and promoting appropriate adrenal function. Additionally, herbal supplements such as chamomile, valerian root, and passionflower have a calming

effect on the body and are often used as natural sleep aids. Lastly, vitamins and minerals such as vitamin D, B, and magnesium play a crucial role in managing stress and anxiety.

Ciabatta – The Carpet Slipper of Health

The term "Ciabatta" means "carpet slipper" in Italian due to the shape of the bread resembling one. Ciabatta bread is an Italian white bread invented in the early 1980s. Arnaldo Cavallari created the Ciabatta in 1982 due to an overwhelming affinity toward French baguettes, which had taken Europe by storm. Introduced in Europe in the 1990s, it got popularised and is currently a popular item on the menus everywhere, from major food chains to local bakeries. It possesses a soft, chewy texture with a thin, crispy crust. One can make this bread in various ways, some changing its form and the crust and crumb textures. It's great for dipping in olive oil, stacking high with meats and cheeses, or using grilled bread. In addition, one can use ciabatta bread for sandwiches, rolls, and other delicacies.

It is an excellent energy source as it contains high amounts of carbohydrates, fibres, and other essential minerals such as sodium, iron, calcium, etc. It also provides various health benefits, including preventing type-II diabetes, helping in weight management, reducing cardiovascular disease risk etc.Rich in Vitamins and MineralsCiabatta is an excellent source of minerals, particularly sodium and iron. The body needs sodium to maintain fluid levels. A balance of fluid and sodium is necessary for a healthy heart, liver, and kidneys. In addition, sodium regulates blood fluids and prevents low blood pressure. However, studies recommend eating less than 2,300 milligrams of sodium daily, equivalent to only one teaspoon of table salt. According to studies, iron is essential for making haemoglobin, ensuring adequate Red Blood Cell production. RBCs are responsible for oxygen transportation in the body. Iron is also vital for DNA synthesis and electron transport, which provides energy to the body. Iron deficiency may lead to anaemia

and neurodegenerative diseases. However, it is crucial to monitor iron levels in the body before consuming excess iron-rich foods because excessive iron can lead

to tissue damage. Helps in Weight Management

Ciabatta bread is a good source of dietary fibre. Dietary fibre increases satiety. As a result, it can regulate calorie intake, leading to weight loss and healthy weight management.

It also takes longer to break down and burns more calories in the process. Studies show that increasing dietary fibre consumption may reduce body fat.

Improves Bone Health

Ciabatta made using fortified flour offers a high calcium content. Studies suggest calcium is vital in preventing bone loss and osteoporotic fractures later in life.

Meta-analyses report that calcium supplementation reduces bone loss by 0.5-1.2% and the risk of fracture of all types by at least 10% in older people. However, low calcium intake is widespread across countries and age groups. So, adequate calcium intake throughout the lifetime is essential for

bone health to prevent osteoporosis and fractures.

Magnesium in ciabatta protects your cells from damage and is vital for healthy bones and connective tissues. Since ciabatta is rich in calcium and potassium, it can help improve bone health. Improves Heart Health and

Prevents Cardiovascular Dis-

Research suggests that individuals with the highest dietary fibre intake reduce their risk of cardiovascular complications. Health experts also believe that whole fibre intake causes a considerable reduction in total serum cholesterol and low-density lipoprotein (the bad cholesterol). Thus ciabatta can be a healthy addition to your diet.Reduces Risk of Crohn's DiseaseStudies suggest that long-term fibre intake of dietary fibre reduces the risk of inflammatory bowel disease. The data was collected from 170,776 women and followed up over 26 years.

Aids in Digestion

Ciabatta is an ideal source of dietary fibre. It helps improve bowel movements by absorbing water in the intestines and softening the stool. Thus, resulting in a smooth pass out of the stool. In addition, research suggests that dietary fibre intake increases stool frequency in patients with constipation and helps improve diges-

May Prevent Type-II Diabetes As per research, whole-grain foods such as whole-grain morning cereal, oatmeal, dark bread, brown rice, added bran, and wheat germ may decrease the risk of type 2 diabetes.

It is because the fibre in the whole grain slows down the breakdown of starch into glucose, leading to steady blood sugar levels. Therefore, wholegrain foods like ciabatta bread can help prevent type-II diabetes.

Strengthens Immunity Fibre plays an essential role in

boosting immunity. Research suggests that high dietary fibre intake can significantly lower the risk of developing coronary heart disease, stroke, hypertension, diabetes, obesity.



Liam Livingstone expecting ECB clearance for IPL by this weekend

NEW DELHI: Liam Livingstone will miss Punjab Kings' fixture against Sunrisers Hyderabad on Sunday but could arrive in India in time to make his comeback from injury against Gujarat Titans on April 13.

13TH CHEADLINES

Livingstone has not played a competitive match since making his Test debut for England against Pakistan four months ago in Rawalpindi, when he jarred his knee in the outfield. In recent weeks, he has also suffered a flare-up of the ankle injury he sustained in the Hundred last year, which has kept him out of Kings' opening fixtures.

ESPNcricinfo understands that Kings are expecting Livingstone to arrive on April 10, the day after their fixture in Hyderabad, while Livingstone said on Thursday afternoon that he is hoping to get clearance to travel from the ECB "over the next 48 hours or so".

"[I'm] getting there, finally," Livingstone said on LancsTV's coverage of Lancashire's opening County Championship fixture against Surrey. "It's been a long road: three or four days a week at the gym over the last three or four months. Maybe towards the end of this week, or start of next week, I'll fly out to India and get going again.

"Feeling much better. I had some injections midway last week. It's settled it down a lot, finally been able to get outside and do some running and get back to proper cricket stuff. That's probably been about four or five days now, so just trying to build back up to match fitness now.

"I got over my ankle to play in the World Cup, then my knee has been a bit of a niggly one. I finally sorted that out and my ankle flared up again. Hopefully they're both under control now and it'll be nice to get back play-



ing finally. It's been a difficult couple of months, but finally now I'm like a little kid wanting to get back playing cricket again."

Livingstone said that detail of his

specific travel plans is "the milliondollar question" but that he is hoping for ECB clearance imminently. "Hopefully over the next couple of days, I'll get the clearance to head out there,"

he said. "I'm really looking forward to getting back out, getting back playing, and hopefully over the next 48 hours or so I'll finally get that."

Livingstone was retained on a contract worth INR 11.5 crore (£1.15m approx.) after a strong first season with Kings in 2022, in which he scored 437 runs with a strike rate of 182.08 and chipped in with six wickets, and is expected to slot into their middle order.

Kings have won their first two games in IPL 2023, beating Kolkata Knight Riders in Mohali and Rajasthan Royals in Guwahati, and have fielded the same four overseas players in both fixtures: Bhanuka Rajapaksa, Sikandar Raza, Sam Curran and Nathan Ellis.

Kagiso Rabada has arrived in India this week and will be available for Sunday's fixture in Hyderabad, while Matt Short - who replaced the injured Jonny Bairstow in Kings' squad - is the other overseas player they have available to them as things stand. Franchises are allowed up to eight overseas players in their squad, but Kings signed only seven for 2023.

Rajapaksa retired hurt on Wednesday night after he was struck on the forearm by a shot from Shikhar Dhawan, while standing at the non-striker's end, but should be available on Sunday if required. He tweeted later that night: "The X-rays have cleared me of any broken bones/fractures! Plenty of ice needed but I'm doing fine.'

Livingstone has become an important part of England's white-ball setup over the last two years and is likely to feature in their defence of the 50-over World Cup in October-November. He believes that exposure to Indian conditions will come in handy ahead of that tournament.

Reece Topley ruled out of IPL 2023 with shoulder injury

NEW DELHI: England fast bowler Reece Topley has been ruled out of IPL 2023 after dislocating his right shoulder during Royal Challengers Bangalore's opening game of the tournament against Mumbai Indians on April 2.

Topley took 1 for 14 from his two overs on debut, dismissing Cameron Green, but injured himself while making a diving stop in the field. He travelled to Kolkata with the rest of the Royal Challengers squad on Monday with his arm in a sling but was replaced in the starting XI by his compatriot David Willey, and has now returned to the UK.

"Reece, unfortunately, had to go back home because he has been ruled out of the tournament," Sanjay Bangar, Royal Challengers' head coach, told the IPL's world feed during Thursday night's game against Kolkata Knight Riders. "We tried our best to keep him here, but the treatment and the experts suggest that he is going to be out of action for some time.'

Topley was signed for INR 1.9 crore (£190,000 approx.) by Royal Challengers, having entered December's auction with a base



price of INR 75 lakh (£75,000 approx.). He also attracted bids from Mumbai Indians and Chennai Super Kings. He is the third Royal Challengers player to be ruled out for the season with injury after Will Jacks and Rajat Patidar.

Topley's professional career has been plagued by regular injuries, most recently when he missed the T20World Cup after rolling his ankle

when stepping on a boundary cushion before a warm-up match.

Bangar also confirmed that Wanindu Hasaranga and Josh Hazlewood are expected to join the squad on April 10 and April 14 respectively. Royal Challengers' next game is against Lucknow Super Giants at home on April 10, and Bangar did not rule out the possibility that Hasaranga could be involved in that game.

"Hasaranga will arrive for us on the 10th, so depending on the time of his arrival and how he copes with the long flight from New Zealand is something we'll have to think [about]," he said. "But in the meantime, Karn [Sharma] has taken his chances really well, so that's another headache for us - but it's a good headache."

The Prophet (SA) said: Whoever builds a Masjid for the sake of Allah Almighty, like a sparrow's nest or even smaller, Allah Almighty will build for him a house in Paradise. [Ibne Mahah] "Whoever builds a mosque, desiring thereby Allah's pleasure,

Allah builds for him the like of it in paradise." [Bukhari]

MARKAZI JAMIA MASJID TILAGAM (Pattan)

Masjid is under construction and needs huge finances for its completion. For the last two years no work could be undertaken because of financial constraints. Those who want to earn the pleasure of Allah & His Prophet(SA) are requested to donate generously.



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